

WEIDER® PRO

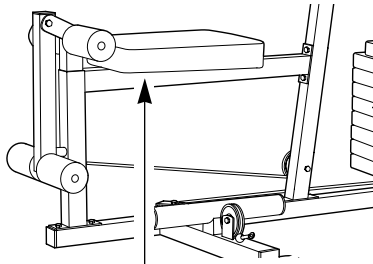
9735

Patent Pending

Model No. 831.159290

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



Serial Number Decal

**EXERCISE
EQUIPMENT**

QUESTIONS

HELPLINE!

1-800-736-6879



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the home gym system.
3. Use the home gym system only on a level surface. Place a mat beneath the home gym system to protect the floor or carpet.
4. Inspect and tighten all parts often. Replace any worn parts immediately. All cables should be replaced every two years.
5. Keep children under 12 and pets away from the home gym system at all times.
6. Always wear athletic shoes for foot protection.
7. Keep hands and feet away from moving parts.
8. Never release the press arm, butterfly arms, leg lever, leg press plate, lat bar, row bar, ab strap, or nylon strap while weights are raised. The weights will fall with great force.
9. When using the leg press station, always be sure that the lock pin is fully inserted and that the lock pin is clipped in place on the adjustment tube (see page 27).
10. When using the leg lever station, always be sure that the lock pin is fully inserted and that the lock pin is clipped in place on the rear seat frame (see page 27).
11. The lock pin must always be inserted through both the rear seat frame and leg lever frame and clipped in place on the rear seat frame.
12. Always stand on the foot plate when performing an exercise that could cause the home gym system to tip.
13. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
14. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The home gym system is intended for home use only. Do not use the home gym system in any commercial, rental or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

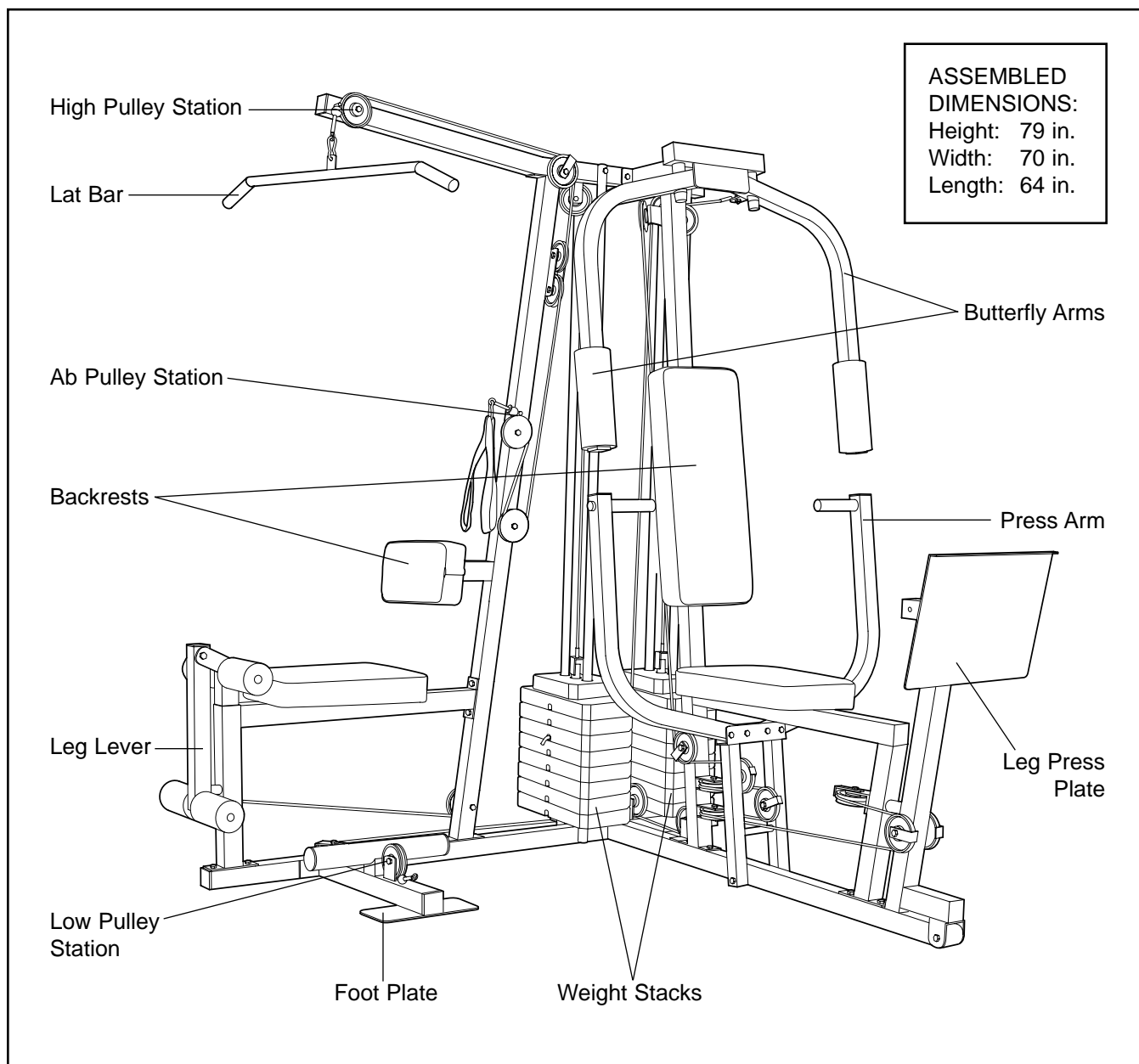
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 9735 Home Gym System. The PRO 9735 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the PRO 9735 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 9735 Home Gym System. If you have additional questions, please call our toll-

free HELPLINE at **1-800-736-6879**, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159290. The serial number can be found on a decal attached to the WEIDER® PRO 9735 Home Gym System (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.




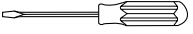
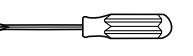

ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Assembly is divided into four stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly and 4) seat and backrest assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the center of this manual.** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

- As you assemble this product, be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

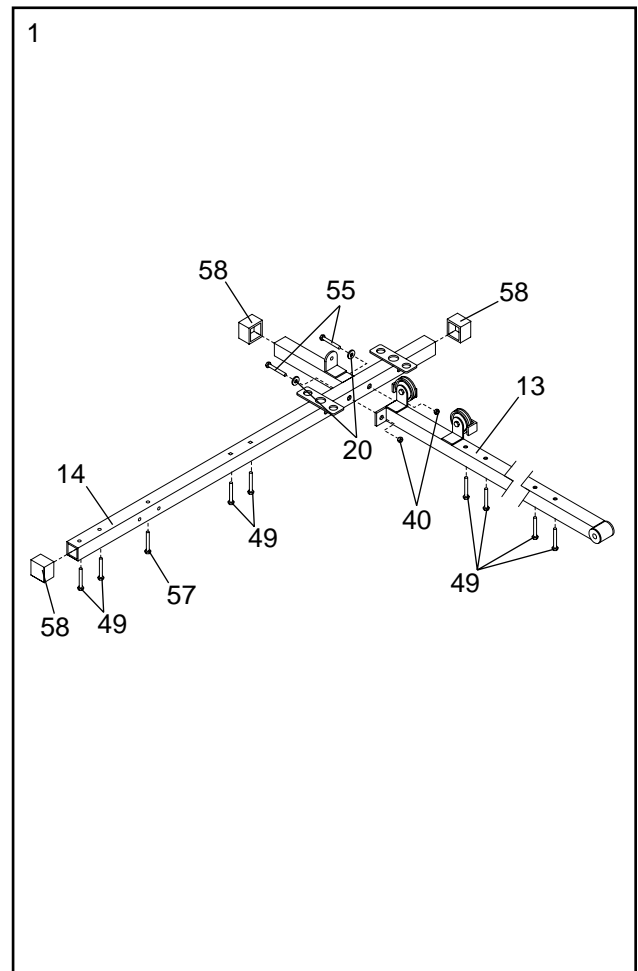
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Locate and open the parts bags labeled “FRAME ASSEMBLY—METAL” and “FRAME ASSEMBLY—PLASTIC.”

Press three 2” Square Outer Caps (58) onto the Weight Base (14) in the indicated locations.

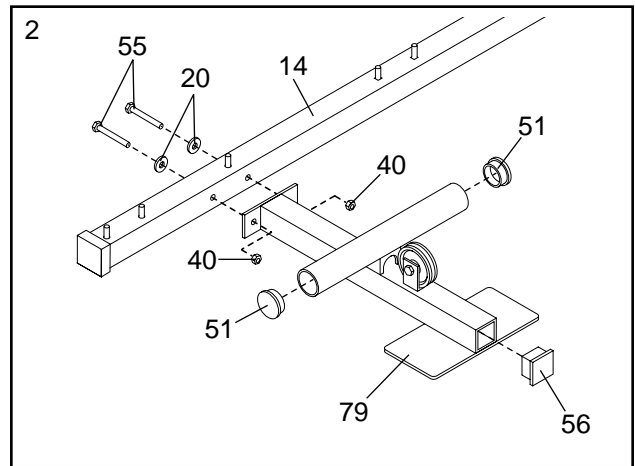
Insert four 5/16” x 2 1/2” Carriage Bolts (49) up through the Press Base (13). Insert four 5/16” x 2 1/2” Carriage Bolts up through the Weight Base (14). Insert a 3/8” x 4” Carriage Bolt (57) up through the Weight Base.

Attach the Press Base (13) to the Weight Base (14) with two 5/16” x 2 3/4” Bolts (55), two 5/16” Washers (20) and two 5/16” Nylon Locknuts (40). **Fully tighten the Nylon Locknuts.**



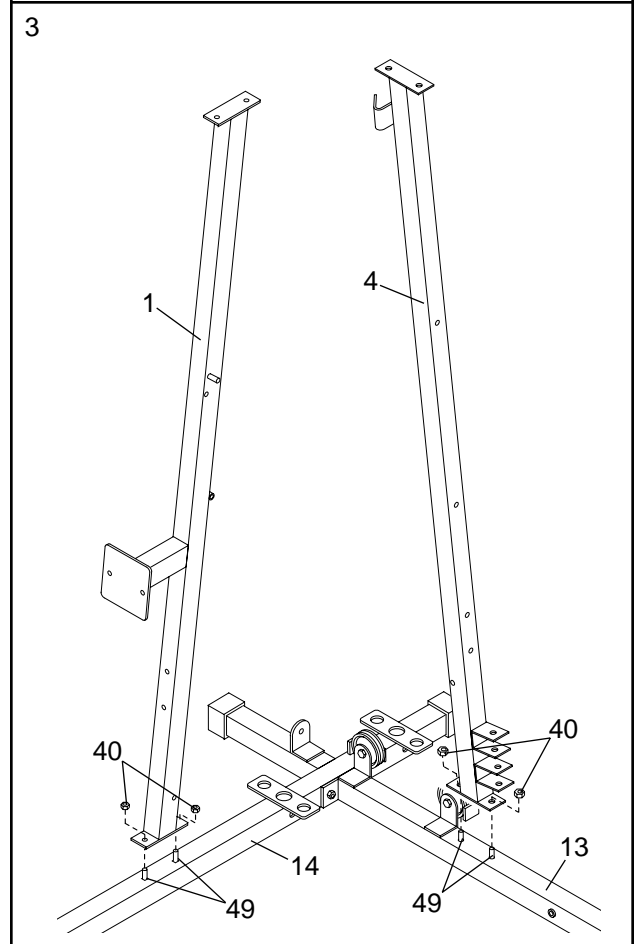
2. Press a Row Tube Endcap (51) into each side of the Pulley Base (79). Press a 2" Square Inner Cap (56) into the end of the Pulley Base.

Attach the Pulley Base (79) to the Weight Base (14) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not fully tighten the Nylon Locknuts.**



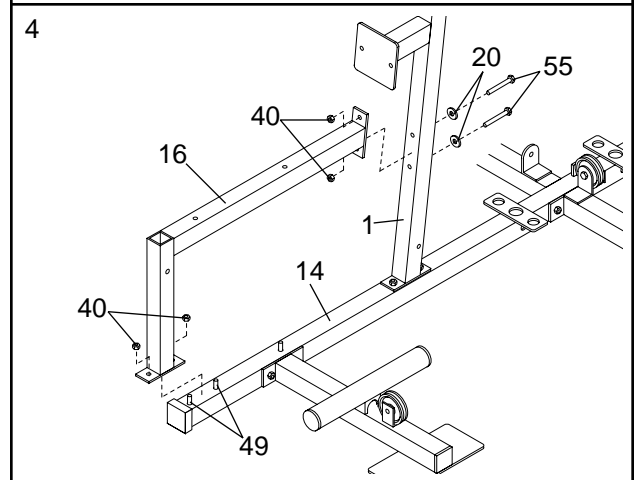
3. Slide the Ab Upright (1) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Weight Base (14). Partially tighten a 5/16" Nylon Locknut (40) onto each Carriage Bolt. **Do not fully tighten the Nylon Locknuts.**

Slide the Leg Press Upright (4) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Press Base (13). Partially tighten a 5/16" Nylon Locknut (40) onto each Carriage Bolt. **Do not fully tighten the Nylon Locknuts.**



4. Slide the Rear Seat Frame (16) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Weight Base (14). Partially tighten a 5/16" Nylon Locknut (40) onto each Carriage Bolt. **Do not fully tighten the Nylon Locknuts.**

Attach the other end of the Rear Seat Frame (16) to the Ab Upright (1) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not fully tighten the Nylon Locknuts.**



- Slide the Front Seat Frame (8) onto the indicated 5/16" x 2 1/2" Carriage Bolts (49) in the Press Base (13). Partially tighten a 5/16" Nylon Locknut (40) onto each Carriage Bolt. **Do not fully tighten the Nylon Locknuts.**

Attach the other end of the Front Seat Frame (8) to the Leg Press Upright (4) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not fully tighten the Nylon Locknuts.**

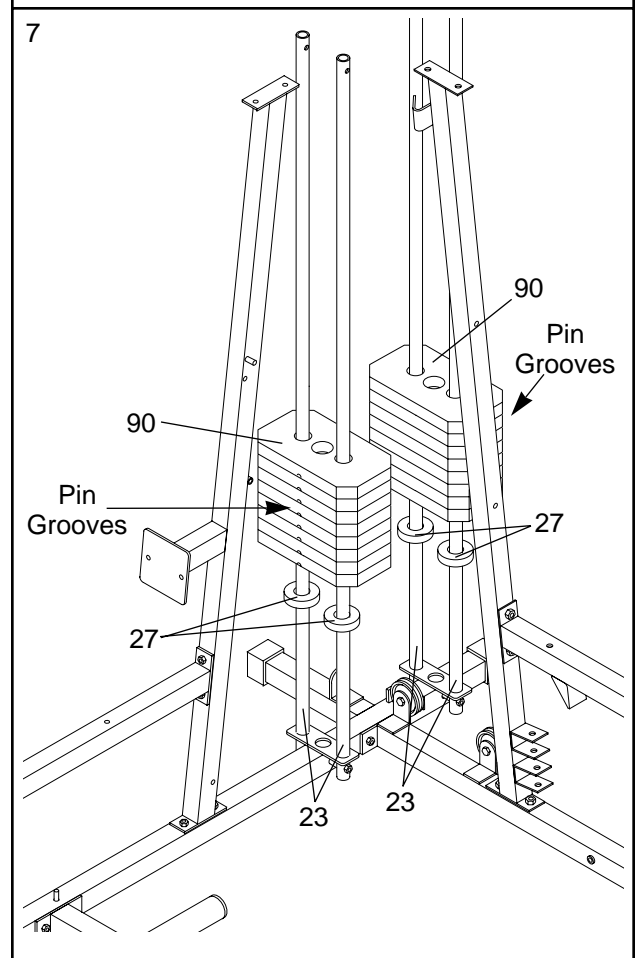
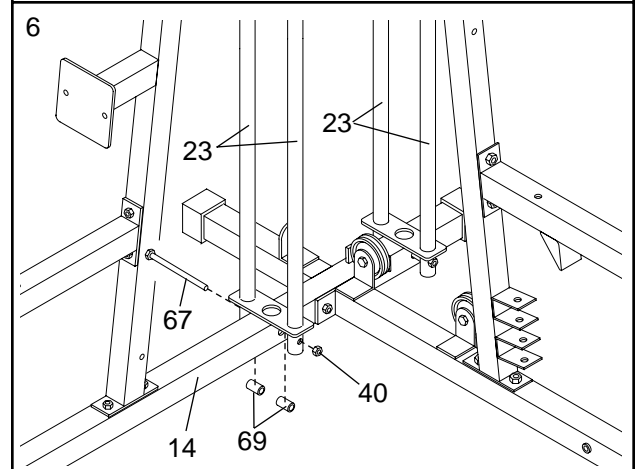
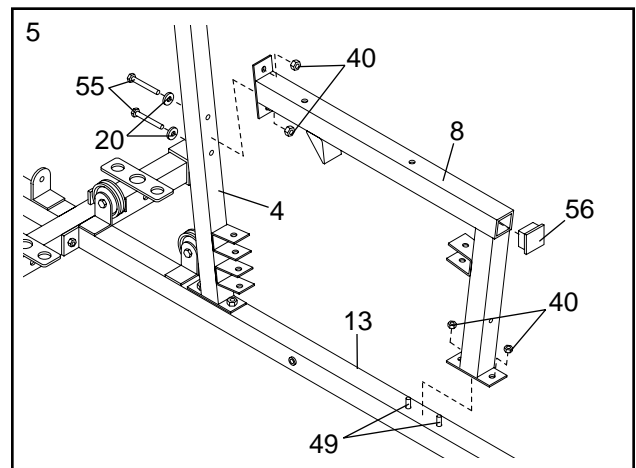
Press a 2" Square Inner Cap (56) into the Front Seat Frame (8).

- Insert two Weight Guides (23) into one of the brackets on the Weight Base (14). Attach the lower ends of the Weight Guides (23) to the Weight Base with a 5/16" x 6" Bolt (67), two 1/2" x 3/4" Spacers (69) and a 5/16" Nylon Locknut (40). **Do not overtighten the Nylon Locknut.**

Attach the other Weight Guides (23) to the Weight Base (14) in the same manner.

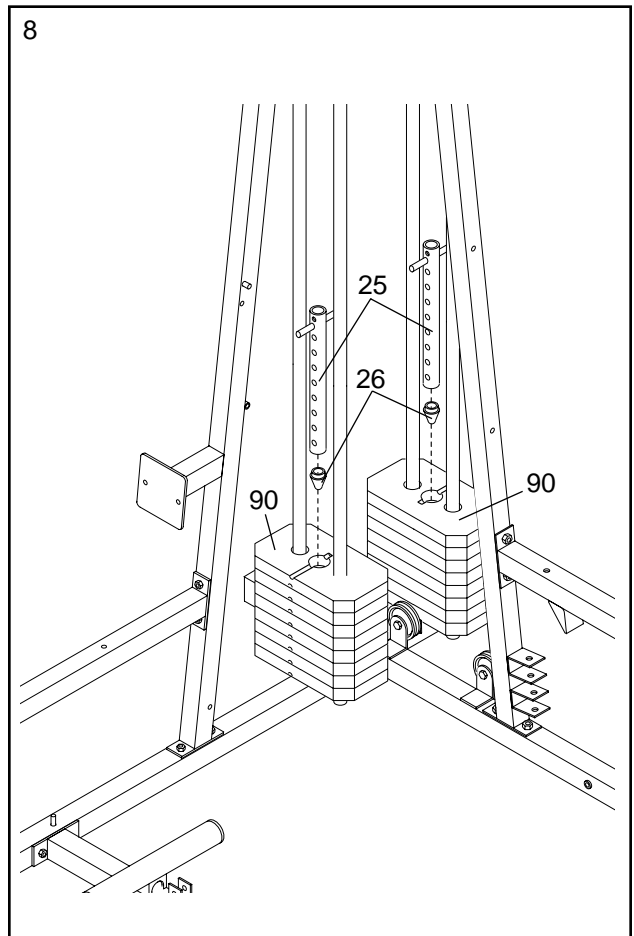
- Slide a Weight Bumper (27) onto each of the Weight Guides (23).

Slide eight Weights (90) onto each set of Weight Guides (23). **Be sure that the pin grooves are on the indicated side of each stack of Weights.**

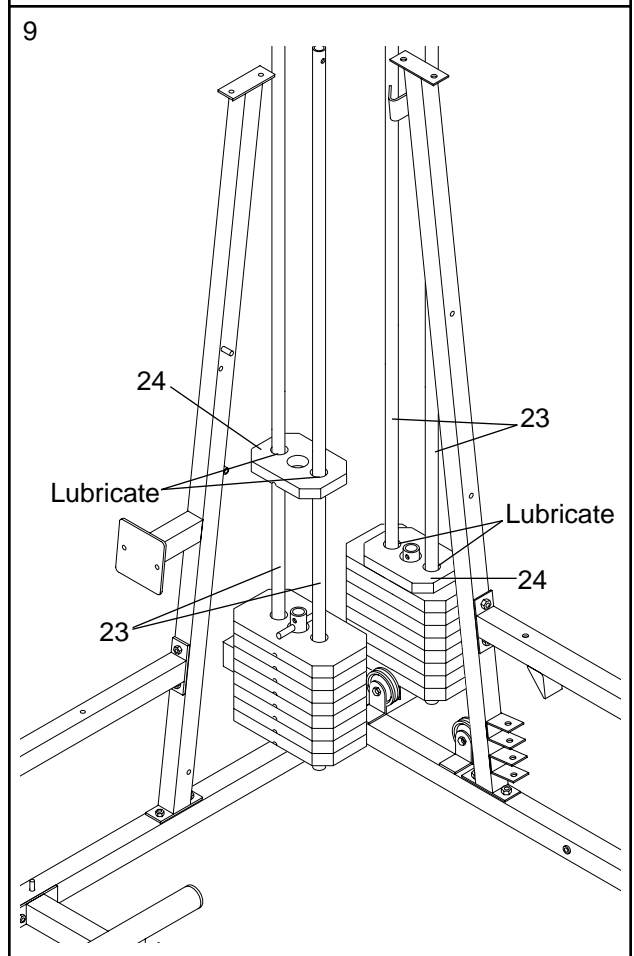


8. Press a Weight Tube Bumper (26) into each Weight Tube (25).

Insert a Weight Tube (25) into each stack of Weights (90). **Be sure that the pins on the Weight Tubes are in the pin grooves in the upper Weights.**



9. Lubricate the insides of the holes in the Top Weights (24) as shown. Slide a Top Weight onto each set of Weight Guides (23).



10. Press a 2" Square Inner Cap (56) into each end of the Top Frame (2). Press a 2" Square Inner Cap (56) into each side of the Butterfly Frame (3). Press two 1" Round Inner Caps (70) into the top of the Butterfly Frame.

Attach the Butterfly Frame (3) to the Top Frame (2) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40).

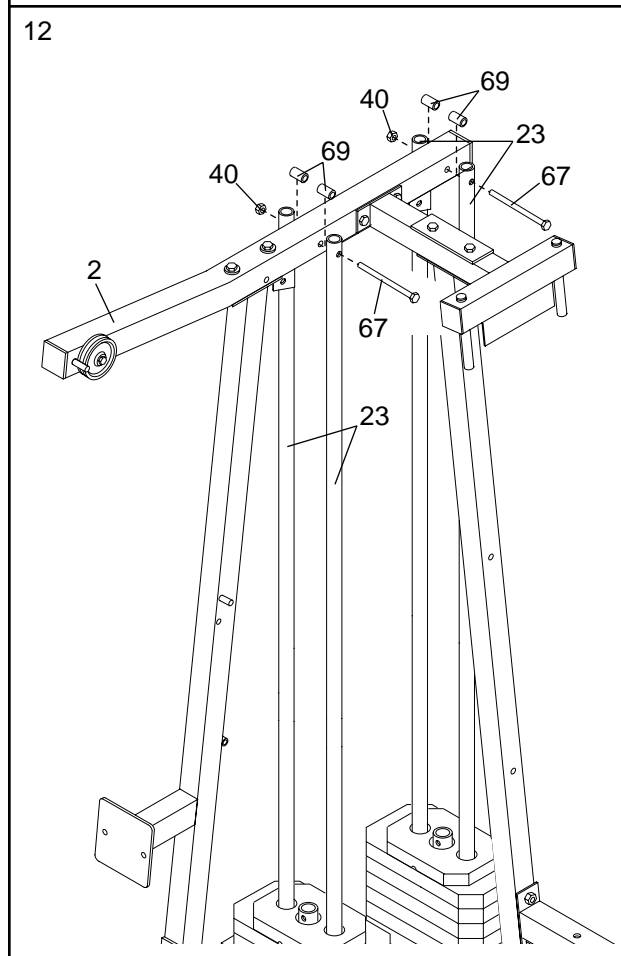
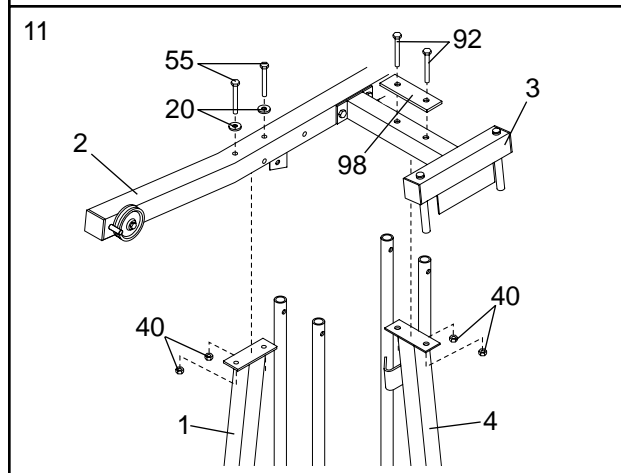
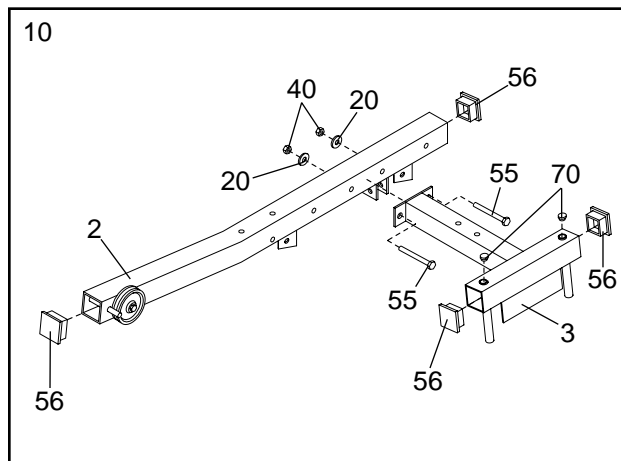
11. Attach the Top Frame (2) to the Ab Upright (1) with two 5/16" x 2 3/4" Bolts (55), two 5/16" Washers (20) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

Attach the Butterfly Frame (3) to the Leg Press Upright (4) with two 5/16" x 3" Bolts (92), the Support Plate (98) and two 5/16" Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

12. Attach the upper ends of one set of Weight Guides (23) to the Top Frame (2) with a 5/16" x 6" Bolt (67), two 1/2" x 3/4" Spacers (69) and a 5/16" Nylon Locknut (40).

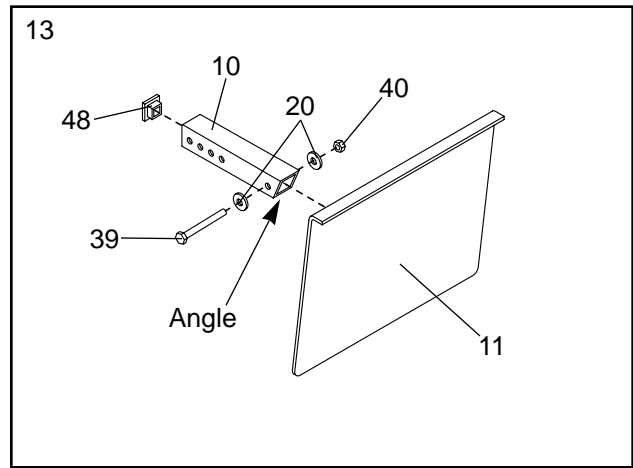
Attach the upper ends of the other set of Weight Guides (23) in the same manner.

Before continuing, firmly tighten all nylon locknuts used in steps 2 through 12.



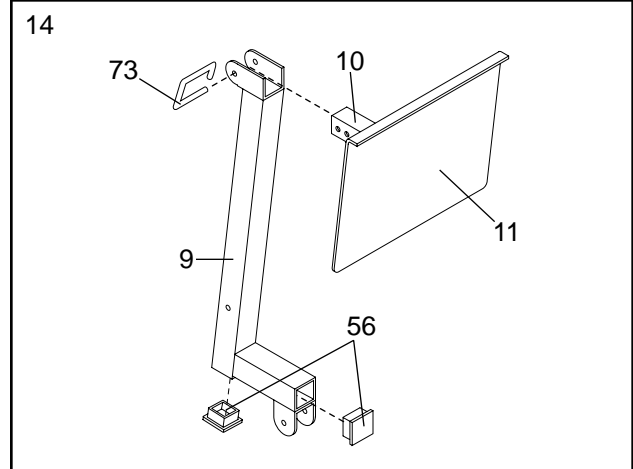
13. Attach the Leg Press Plate (11) to the Adjustment Tube (10) with a 5/16" x 2 1/2" Bolt (39), two 5/16" Washers (20) and a 5/16" Nylon Locknut (40). **Be sure that the Leg Press Plate and Adjustment Tube are oriented as shown.**

Press a 1 3/4" Square Inner Cap (48) into the Adjustment Tube (10).



14. Attach the Adjustment Tube (10) to the Leg Press Arm (9) with the Small Lock Pin (73). **Be sure the Leg Press Plate (11) is oriented as shown.**

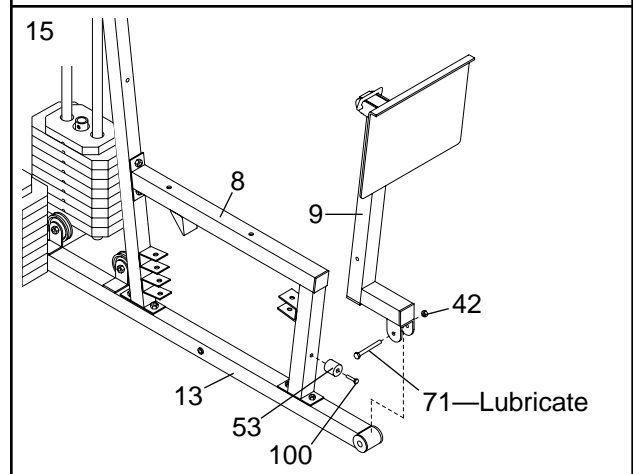
Press two 2" Square Inner Caps (56) into the Leg Press Arm (9).



15. **Locate and open the parts bag labeled "ARM ASSEMBLY."**

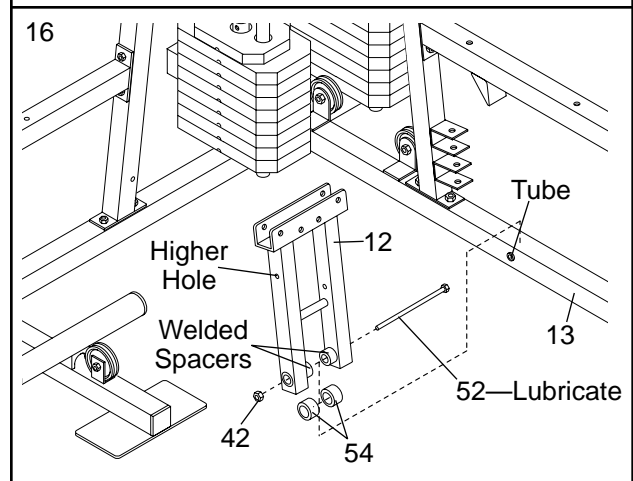
Attach the Large Bumper (53) to the Front Seat Frame (8) with the #10 x 1" Tap Screw (100).

Lubricate the 3/8" x 3 1/4" Bolt (71). Attach the Leg Press Arm (9) to the Press Base (13) with the Bolt and a 3/8" Nylon Locknut (42).



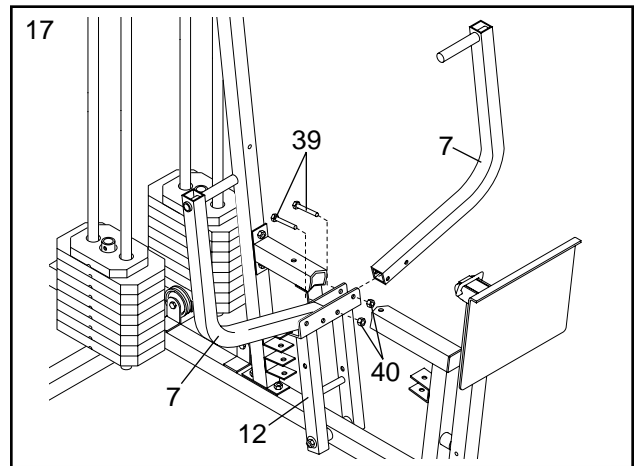
16. Press a 1" x 7/8" Plastic Bushing (54) onto each welded spacer on the Press Frame (12). Slide the Press Frame onto the Press Base (13) so that the Plastic Bushings are aligned with the indicated tube. **Note: This will be a tight fit. Make sure that the higher hole is on the side shown.**

Lubricate the 3/8" x 8" Bolt (52). Attach the Press Frame (12) to the Press Base (13) with the Bolt and a 3/8" Nylon Locknut (42).



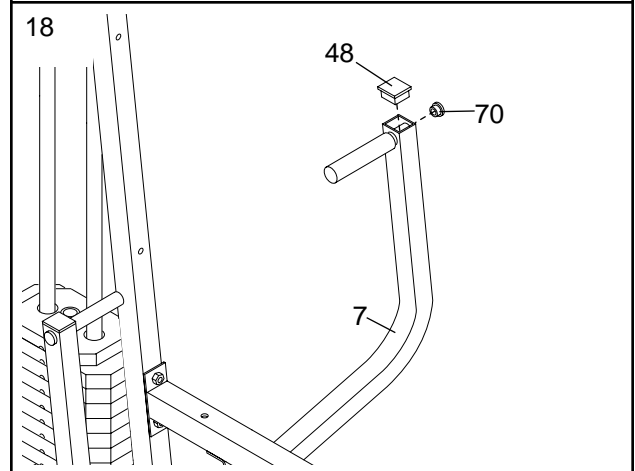
- Attach a Press Arm (7) to one side of the Press Frame (12) with two 5/16" x 2 1/2" Bolts (39) and two 5/16" Nylon Locknuts (40).

Attach the other Press Arm (7) to the Press Frame (12) in the same manner.



- Press a 1" Round Inner Cap (70) into one of the Press Arms (7). Press a 1 3/4" Square Inner Cap (48) into the Press Arm.

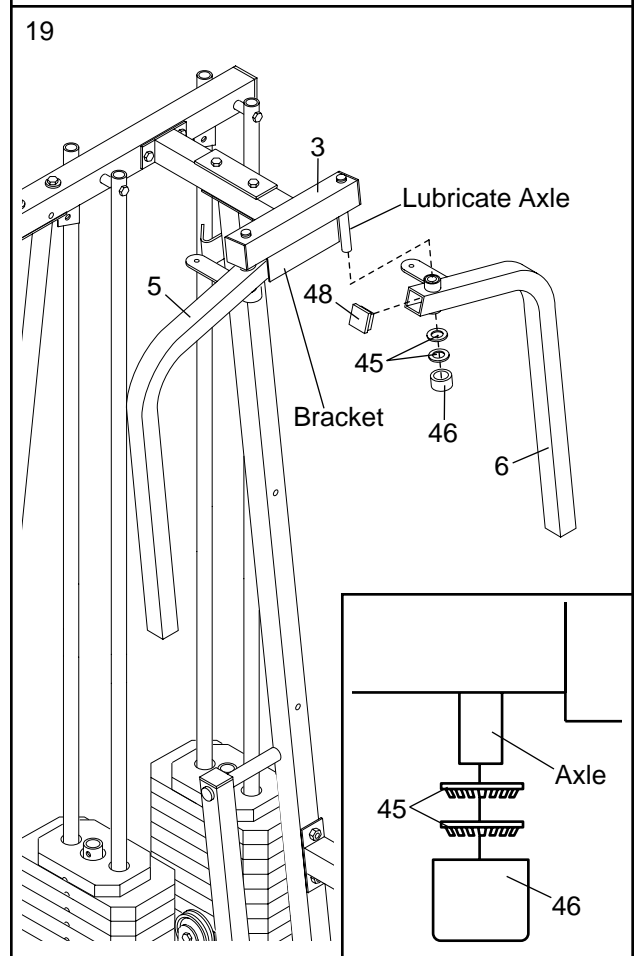
Repeat this step for the other Press Arm (not shown).



- Lubricate both axles on the Butterfly Frame (3).

Refer to the drawing and identify the Right Arm (5) and the Left Arm (6).

Press a 1 3/4" Square Inner Cap (48) into the upper end of the Left Arm (6). Slide the Left Arm onto the indicated axle. **Note: Be careful not to confuse the Left Arm with the Right Arm (5). Be sure that the upper end of the Left Arm is behind the indicated bracket on the Butterfly Frame (3).**



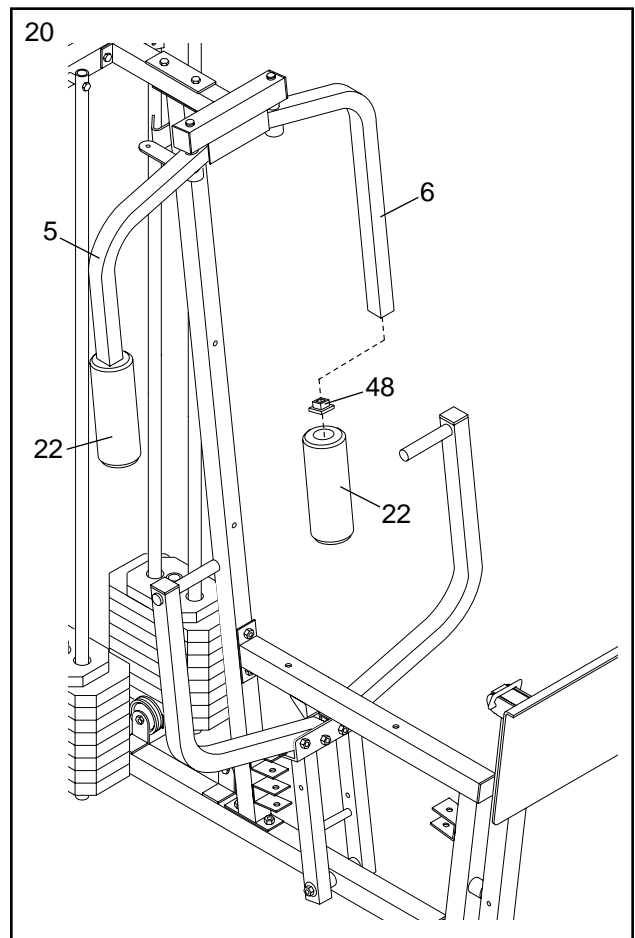
IMPORTANT NOTE: Before assembling the 1" Retainers (45) used in this step, be sure that you thoroughly understand the step. The Retainers can be assembled only once. If they must be removed, you will need to order new Retainers.

Tap two 1" Retainers (45) and a 1" Round Outer Cap (46) onto the axle. **Be sure that the teeth on the Retainers bend toward the Round Outer Cap, as shown in the inset drawing.**

Attach the Right Arm (5) in the same manner.

20. Press a 1 3/4" Square Inner Cap (48) into the lower end of the Left Arm (6). Wet the lower end of the Left Arm with soapy water. Slide a 10" Pad (22) onto the Left Arm.

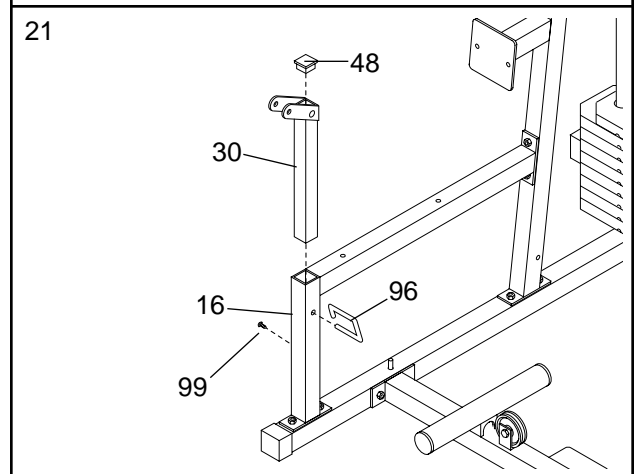
Repeat this step with the Right Arm (5).



21. Press a 1 3/4" Square Inner Cap (48) into the top of the Leg Lever Frame (30).

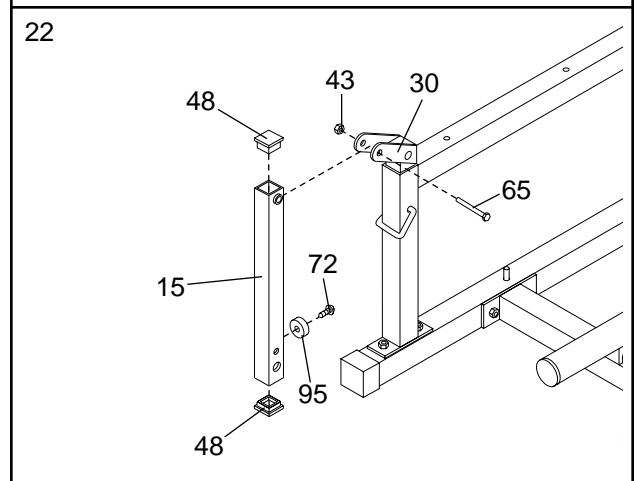
Slide the Leg Lever Frame (30) into the Rear Seat Frame (16). Align one of the holes in the Leg Lever Frame with the upper hole in the Rear Seat Frame. Insert the Large Lock Pin (96) into the Rear Seat Frame.

Tighten the 1/4" x 5/8" Screw (99) into the lower hole in the Rear Seat Frame (16).



22. Press a 1 3/4" Square Inner Cap (48) into each end of the Leg Lever (15). Attach the Small Bumper (95) to the Leg Lever with a 1" Tap Screw (72).

Lubricate a 3/8" x 2 1/2" Bolt (65). Attach the Leg Lever (15) to the Leg Lever Frame (30) with the Bolt and a 3/8" Nylon Jam Nut (43).

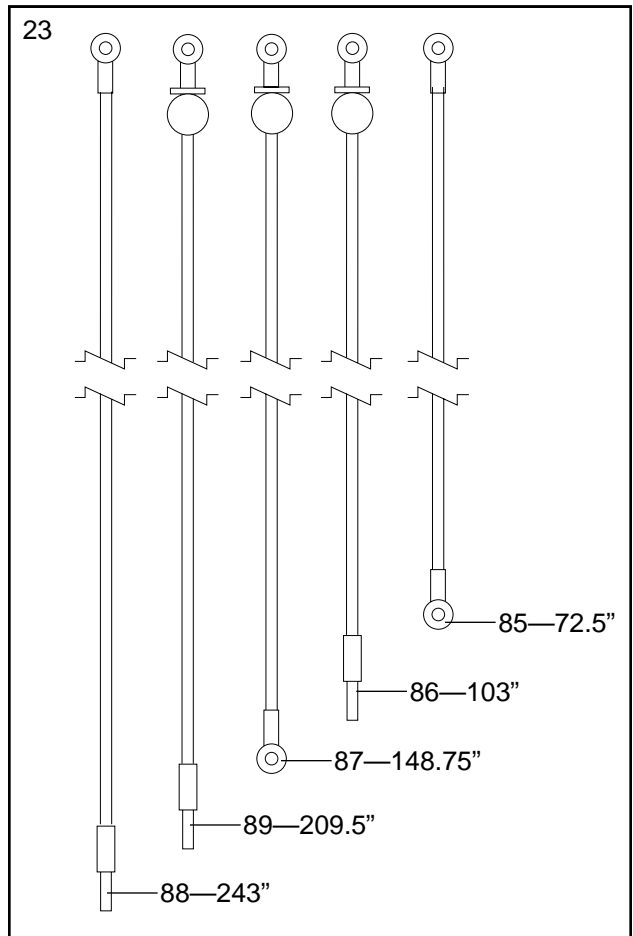


23. Locate and open the parts bags labeled “CABLE ASSEMBLY” and “PULLEYS.”

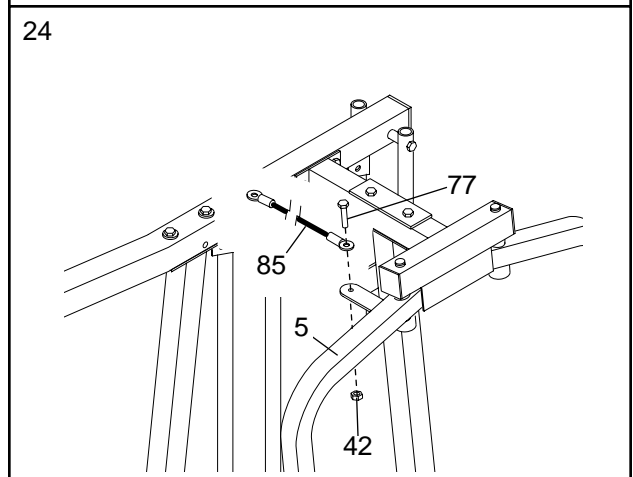
During steps 23 through 58, refer to the **CABLE DIAGRAMS** on pages 30 and 31 of this manual to verify proper cable routing.

Before beginning this section, fully unwind the five Cables and identify the Cables by comparing the lengths and the ends. The approximate length of each Cable, in inches, is listed after the key number in the drawing.

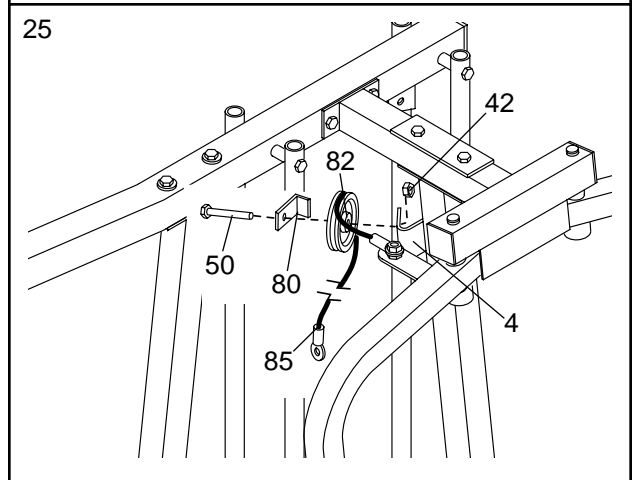
IMPORTANT: While assembling the Cables, do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.



24. Find the Butterfly Cable (85)—this is the shortest Cable. Slide one end of the Butterfly Cable onto a 3/8" x 1" Bolt (77). Insert the Bolt through the bracket on the Right Arm (5). Thread a 3/8" Nylon Locknut (42) onto the Bolt, but do not fully tighten it. Leave just enough room for the Cable to pivot.



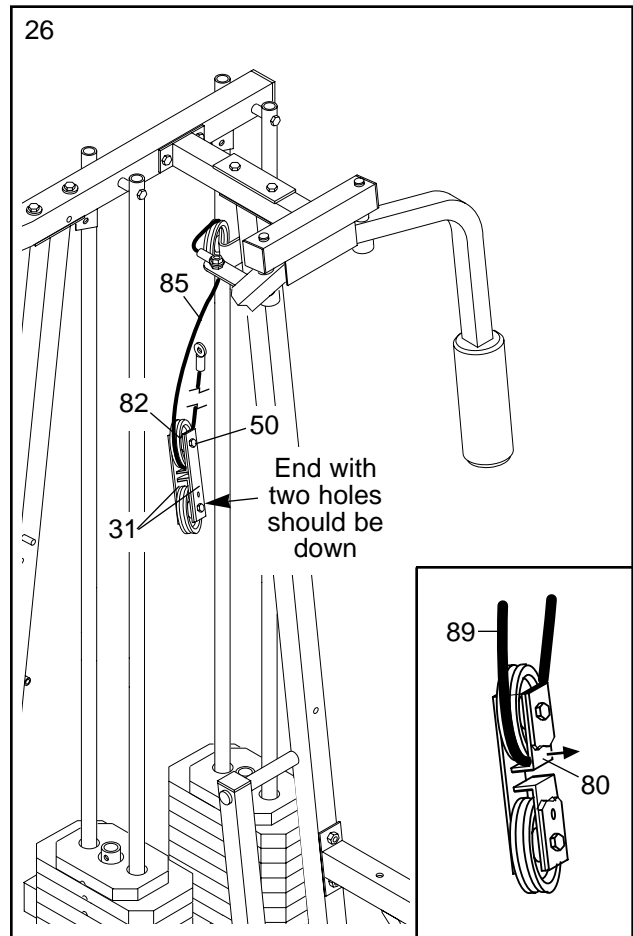
25. Wrap the Butterfly Cable (85) around a 3 1/2" Pulley (82) as shown. Attach the Pulley and a Cable Trap (80) to the bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). The Cable Trap must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.



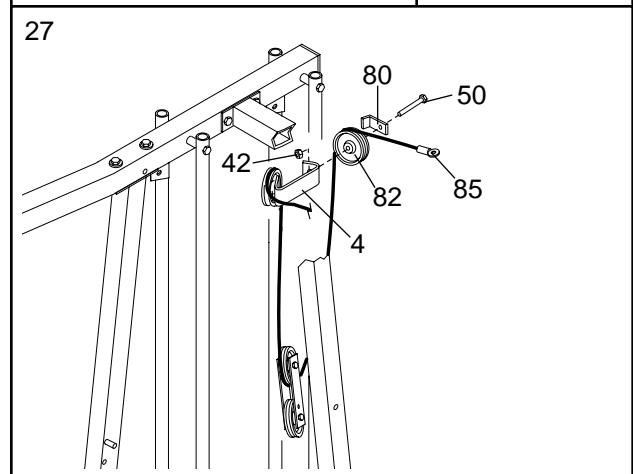
26. Locate one of the pre-assembled pairs of Pulley Plates (31) and 3 1/2" Pulleys (82).

Route the Butterfly Cable (85) under the indicated 3 1/2" Pulley (82). The end of the Pulley Plates (31) with two holes should be downward. Refer to the inset drawing. **Be sure that the Cable is between the Cable Trap (80) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place.**

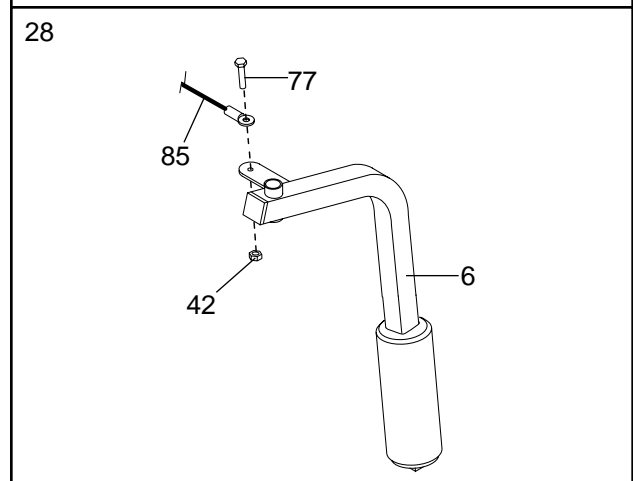
Tighten the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (not shown).



27. Wrap the Butterfly Cable (85) around a 3 1/2" Pulley (82) as shown. Attach the Pulley and a Cable Trap (80) to the other side of the bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable Trap must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.**

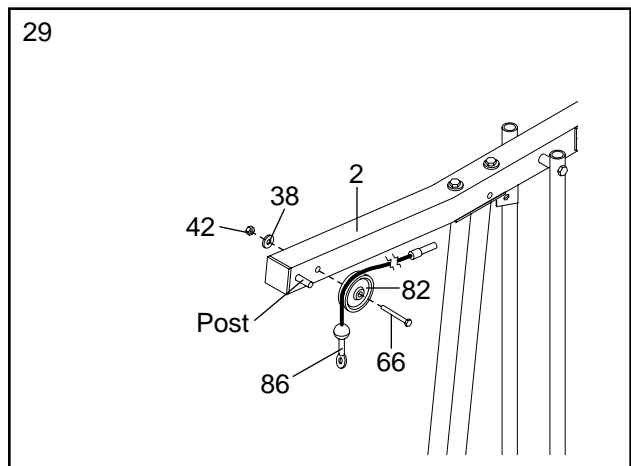


28. **Note: The Left Arm (6) is shown removed for easier part identification.** Slide the other end of the Butterfly Cable (85) onto a 3/8" x 1" Bolt (77). Insert the Bolt through the bracket on the Left Arm (6). Thread a 3/8" Nylon Locknut (42) onto the Bolt, **but do not fully tighten it. Leave just enough room for the Cable to pivot.**

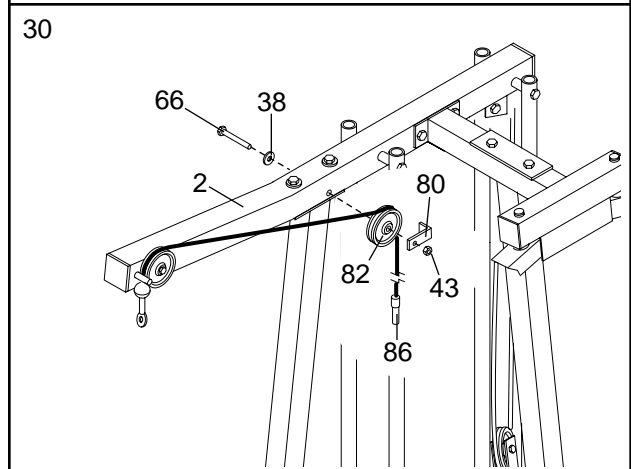


29. **Note: The 3 1/2" Pulley (82) in this step is pre-assembled. It is shown removed for easier part identification.**

Locate the High Cable (86)—this is the shortest remaining Cable. Route the High Cable around the 3 1/2" Pulley (82) attached to the Top Frame (2). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the post.** Tighten the 3/8" x 3 1/2" Bolt (66) and the 3/8" Nylon Locknut (42), with the 3/8" Washer (38).

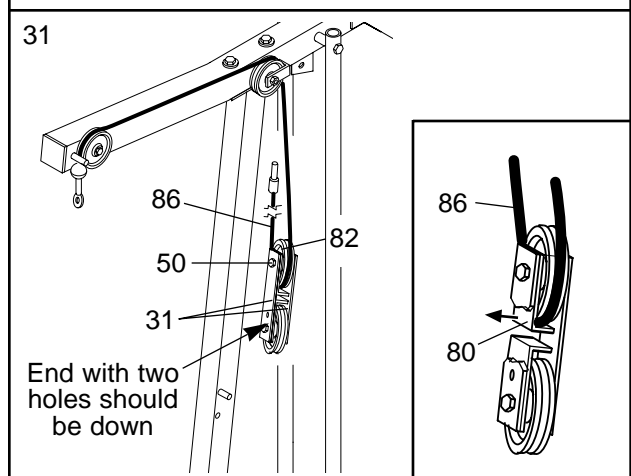


30. Wrap the High Cable (86) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Top Frame (2) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Nylon Jam Nut (43). **Be sure that the Cable Trap is positioned to hold the Cable in place.**



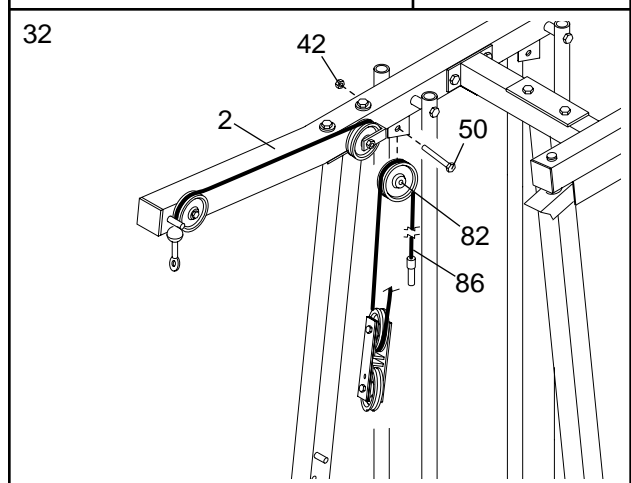
31. **Locate the remaining pre-assembled pair of Pulley Plates (31) and 3 1/2" Pulleys (82).**

Route the High Cable (86) under the indicated 3 1/2" Pulley (82). The end of the Pulley Plates (31) with two holes should be downward. Refer to the inset drawing. **Be sure that the Cable is between the Cable Trap (80) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place.**



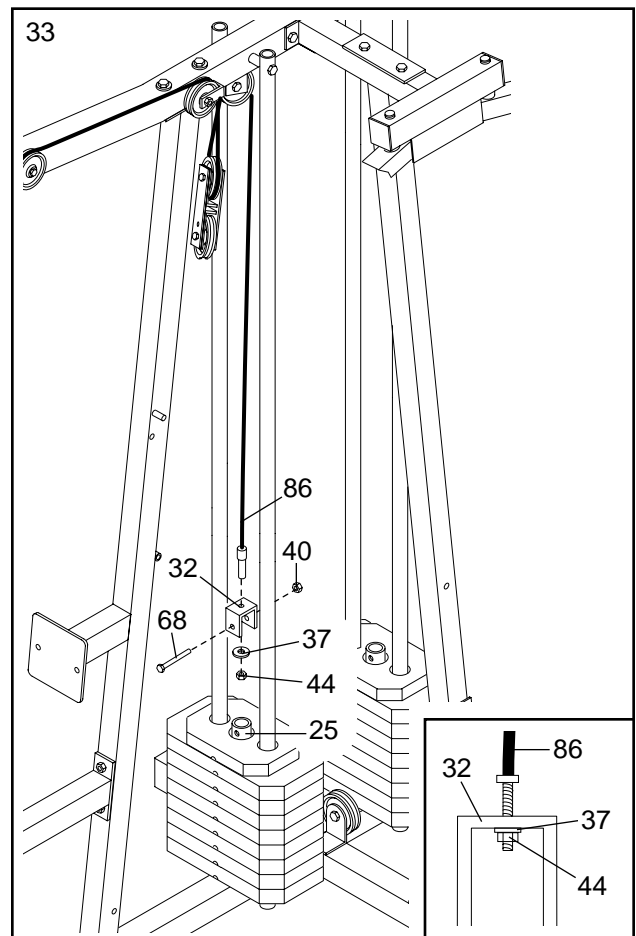
Tighten the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (not shown).

32. Wrap the High Cable (86) around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable must be routed from the direction shown.**

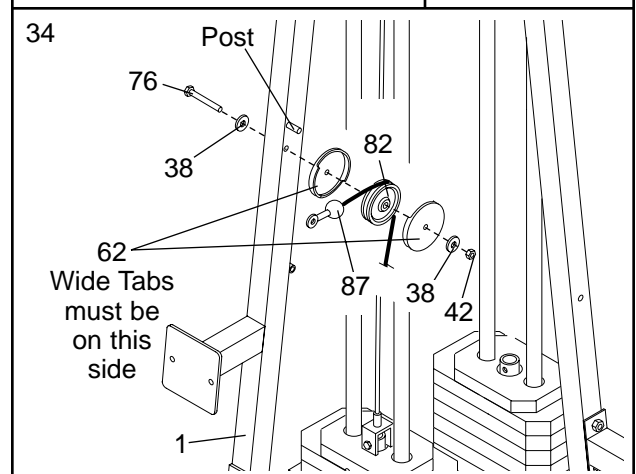


33. Attach the High Cable (86) to a Small “U” Bracket (32) with a 1/4” Nylon Locknut (44) and a 1/4” Washer (37). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**

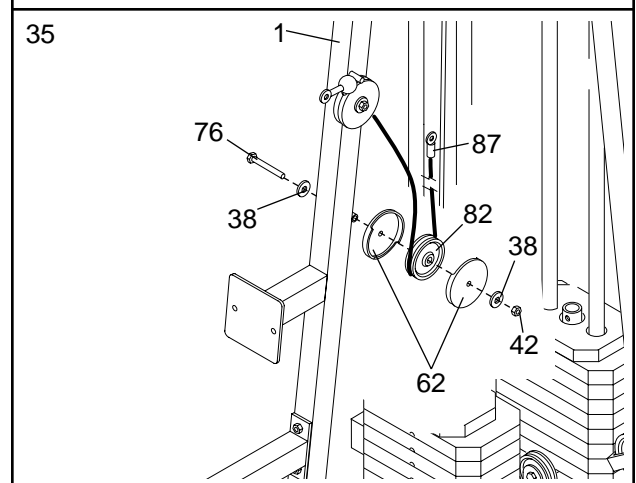
Attach the Small “U” Bracket (32) to the indicated Weight Tube (25) with a 5/16” x 1 3/4” Bolt (68) and a 5/16” Nylon Locknut (40).



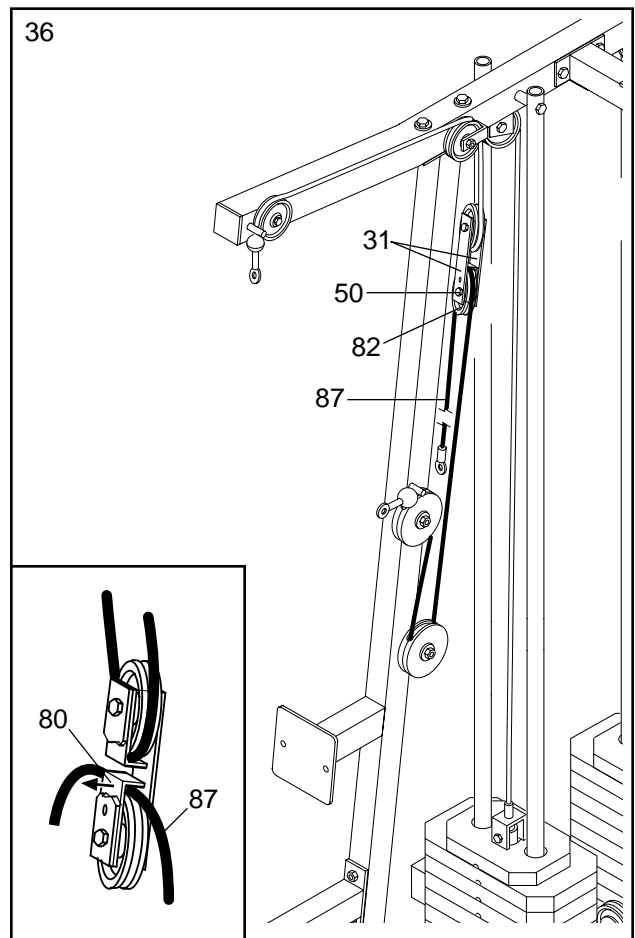
34. **Locate the Rear Cable (87)—this is again the shortest remaining Cable.** Wrap the Rear Cable around a 3 1/2” Pulley (82). Attach the Pulley and two Pulley Covers (62) to the Ab Upright (1) with a 3/8” x 4” Bolt (76), two 3/8” Washers (38) and a 3/8” Nylon Locknut (42). **Do not overtighten the Nylon Locknut; the Pulley should turn easily. Make sure that the Cable is between the Pulley and the post, and that the Pulley Covers are turned so the wide tabs are on the indicated side.**



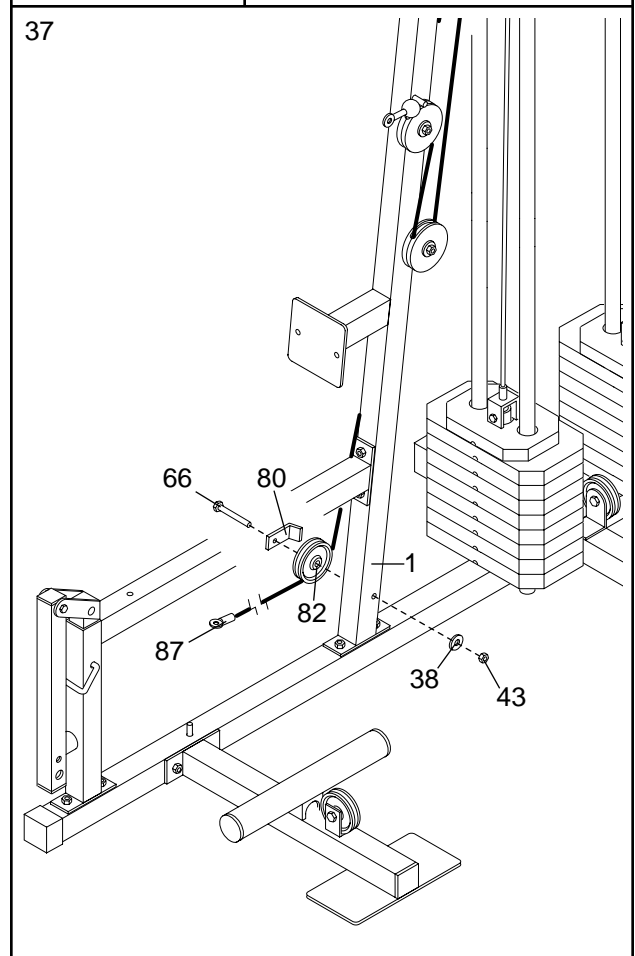
35. Wrap the Rear Cable (87) around a 3 1/2” Pulley (82). Attach the Pulley and two Pulley Covers (62) to the Ab Upright (1) with a 3/8” x 4” Bolt (76), two 3/8” Washers (38) and a 3/8” Nylon Locknut (42). **Do not overtighten the Nylon Locknut; the Pulley should turn easily. Make sure that the Cable is between the Pulley and the post.**



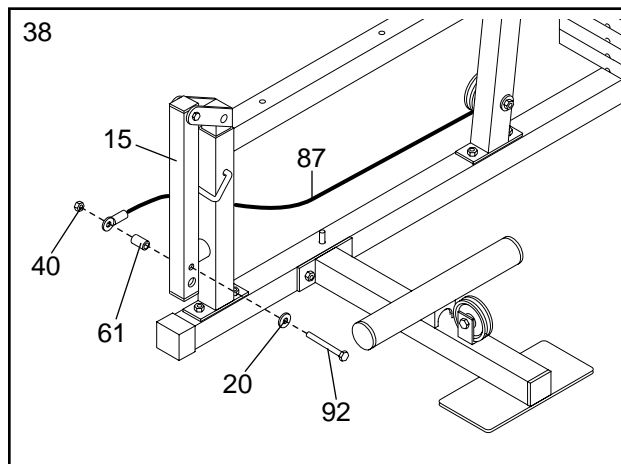
36. Route the Press Cable (88) over the indicated 3 1/2" Pulley (82) attached to the Pulley Plates (31). **The Cable must be routed from the direction shown.** Refer to the inset drawing. **Be sure that the Cable is between the Cable Trap (80) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place.**



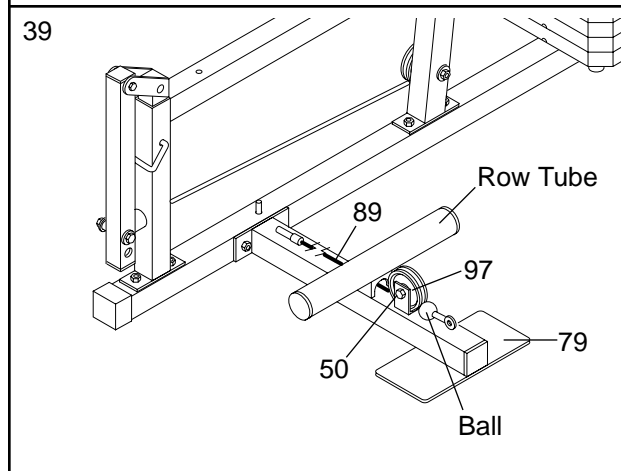
37. Wrap the Rear Cable (87) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Ab Upright (1) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Jam Nut (43). **Be sure that the Cable and Pulley move smoothly and that the Cable is between the Pulley and the post.**



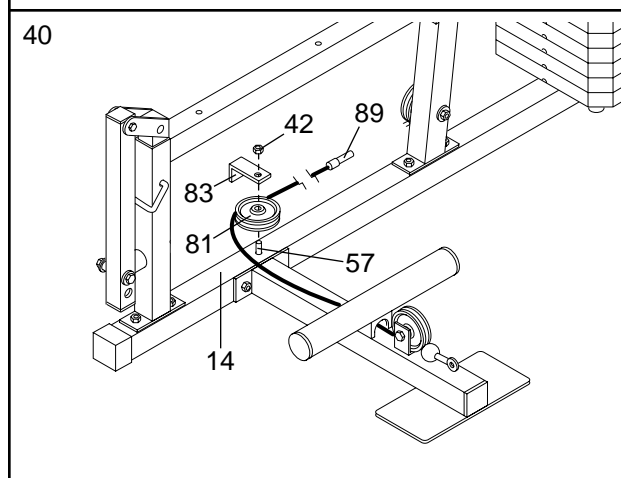
38. Attach the Rear Cable (87) to the Leg Lever (15) with a 5/16" x 3" Bolt (92), a 5/16" Washer (20), a 5/8" x 9/16" Bushing (61) and a 5/16" Nylon Locknut (40).



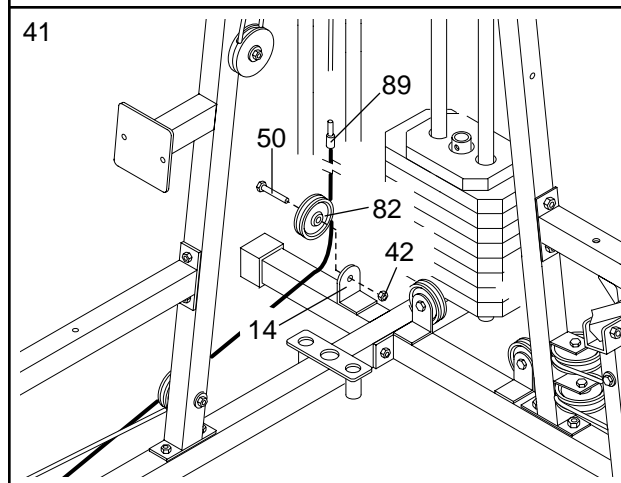
39. Find the Low Cable (89)—this is the shortest of the two remaining Cables. Feed the Low Cable under the 3 1/2" Pro Pulley (97) and the row tube on the Pulley Base (79). The ball on the Cable must be on the side shown. Tighten the 3/8" x 2" Bolt (50) and 3/8" Nylon Locknut (not shown).



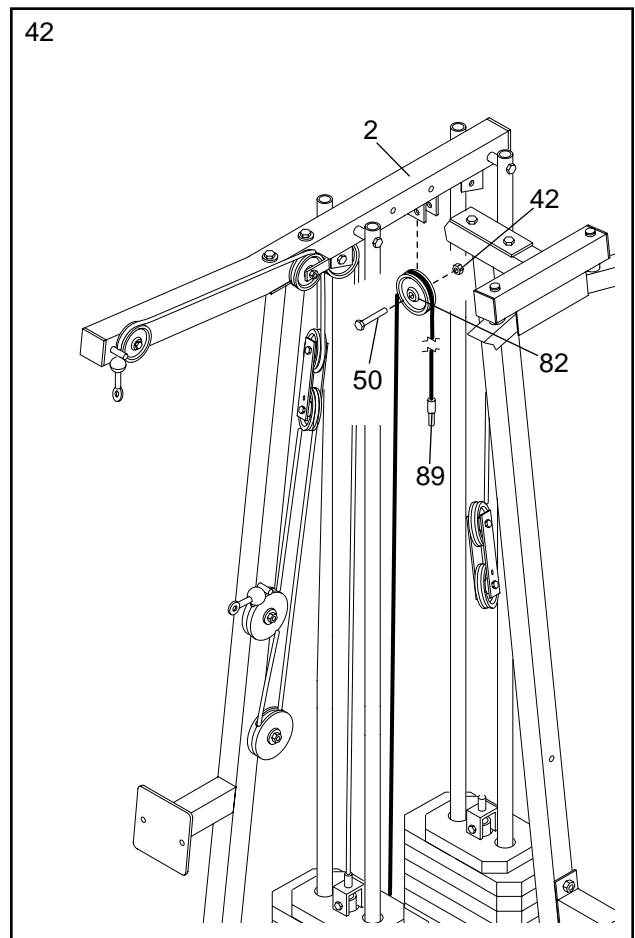
40. Wrap the Low Cable (89) around a "V" Pulley (81). Slide the "V" Pulley and a Large Cable Trap (83) onto the 3/8" x 4" Carriage Bolt (57) in the Weight Base (14). Tighten a 3/8" Nylon Locknut (42) onto the Carriage Bolt.



41. Wrap the Low Cable (89) around a 3 1/2" Pulley (82). Attach the Pulley to the bracket on the Weight Base (14) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42).

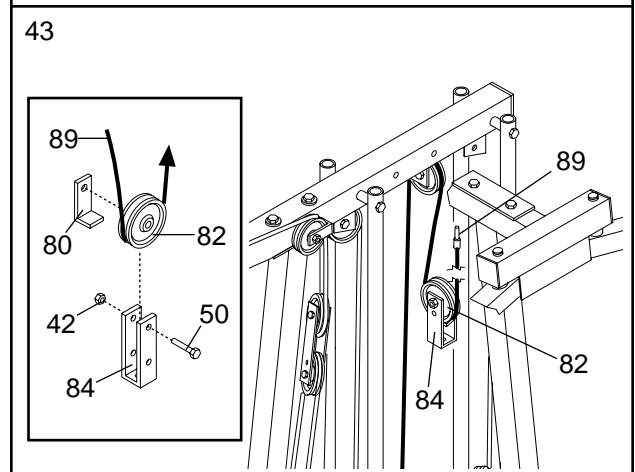


42. Wrap the Low Cable (89) around a 3 1/2" Pulley (82). Attach the Pulley to the indicated bracket on the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable must be routed from the direction shown.**

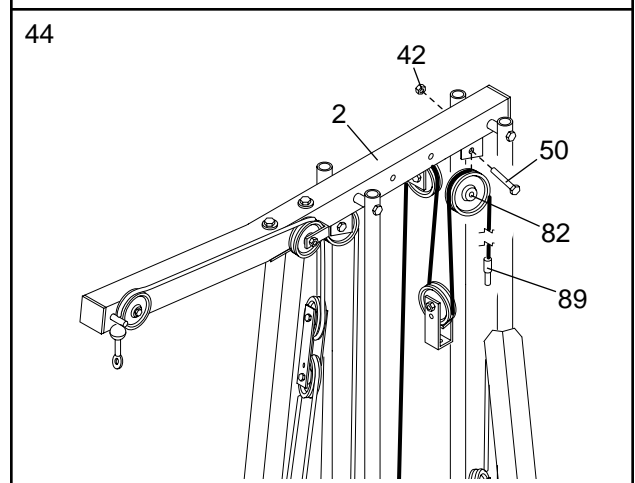


43. See the inset drawing. Attach a 3 1/2" Pulley (82) and a Cable Trap (80) to the upper hole in the Large "U" Bracket (84) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **Be sure that the Cable Trap is inside the Large "U" Bracket. Note: This may come pre-assembled.**

Route the Low Cable (89) through the Large "U" Bracket (84) and the 3 1/2" Pulley (82). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

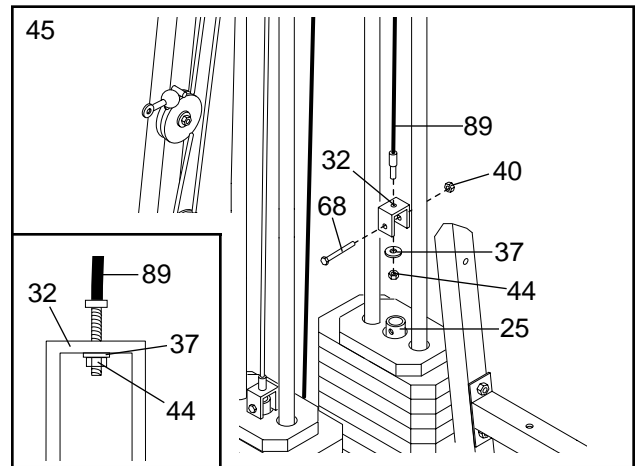


44. Wrap the Low Cable (89) around a 3 1/2" Pulley (82). Attach the Pulley to the Top Frame (2) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Locknut (42). **The Cable must be routed from the direction shown.**

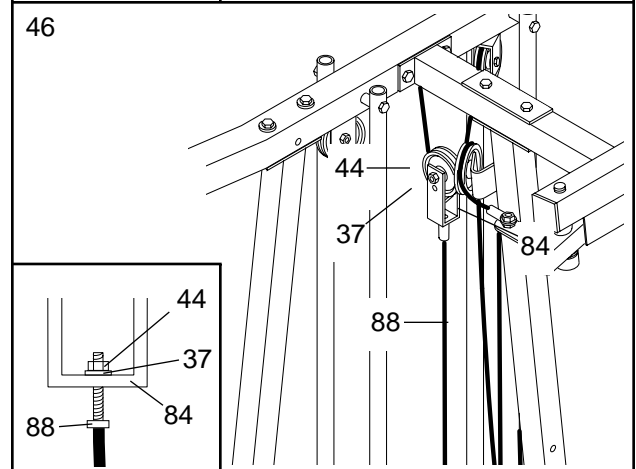


45. Attach the Low Cable (89) to a Small “U” Bracket (32) with a 1/4” Nylon Locknut (44) and a 1/4” Washer (37). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**

Attach the Small “U” Bracket (32) to the indicated Weight Tube (25) with a 5/16” x 1 3/4” Bolt (68) and a 5/16” Nylon Locknut (40).

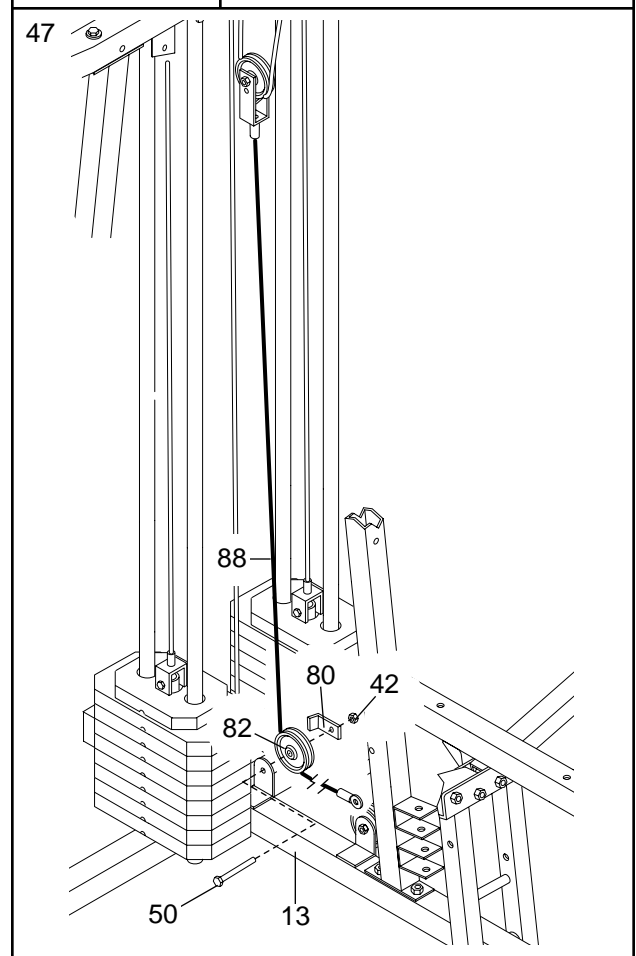


46. **Find the Press Cable (88).** Attach the end of the Press Cable (88) to the Large “U” Bracket (84) with a 1/4” Nylon Locknut (44) and a 1/4” Washer (37). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**



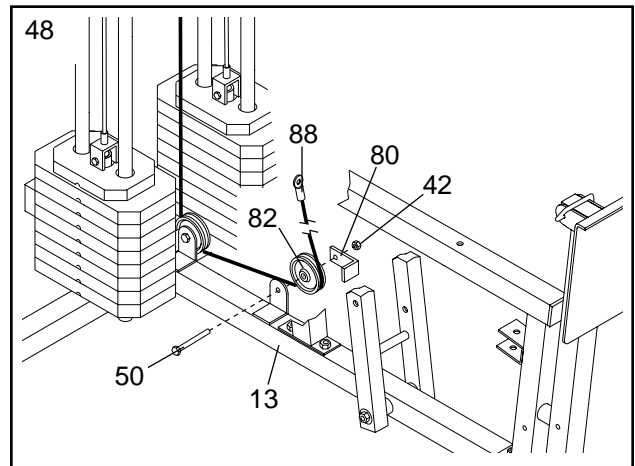
47. **Note: The 3 1/2” Pulley (82) in this step is pre-assembled. It is shown dis-assembled for easier part identification.**

Route the Press Cable (88) around the 3 1/2” Pulley (82) attached to the indicated bracket on the Press Base (13). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (80) is turned as shown to hold the Cable in place.** Tighten the 3/8” x 2” Bolt (50) and the 3/8” Nylon Locknut (42).



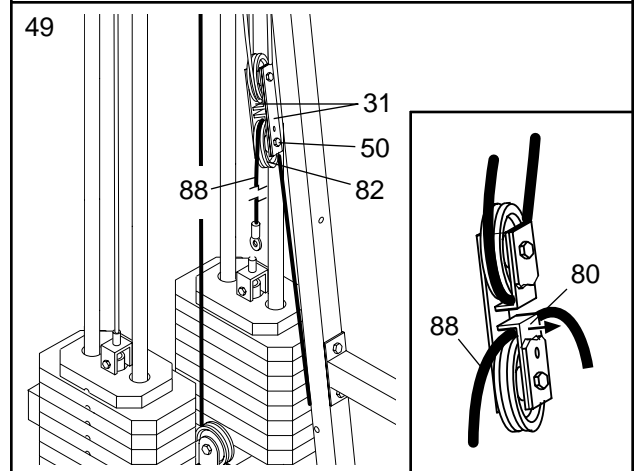
48. **Note: The 3 1/2" Pulley (82) in this step is pre-assembled. It is shown dis-assembled for easier part identification.**

Route the Press Cable (88) around the 3 1/2" Pulley (82) attached to the indicated bracket on the Press Base (13). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (80) is turned as shown to hold the Cable in place.** Tighten the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (42).

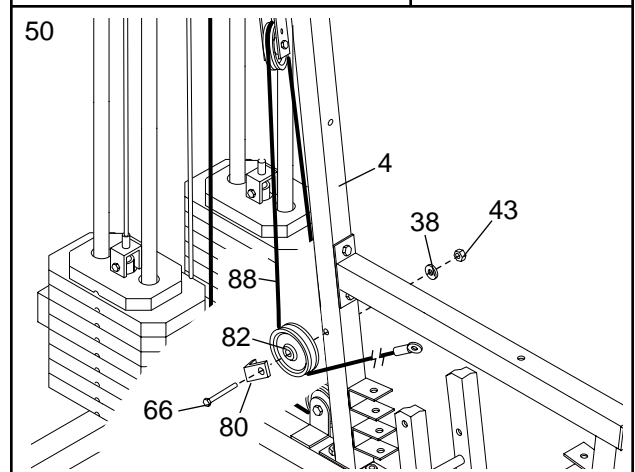


49. Route the Press Cable (88) over the indicated 3 1/2" Pulley (82) attached to the Pulley Plates (31). **The Cable must be routed from the direction shown. Refer to the inset drawing. Be sure that the Cable is between the Cable Trap (80) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place.**

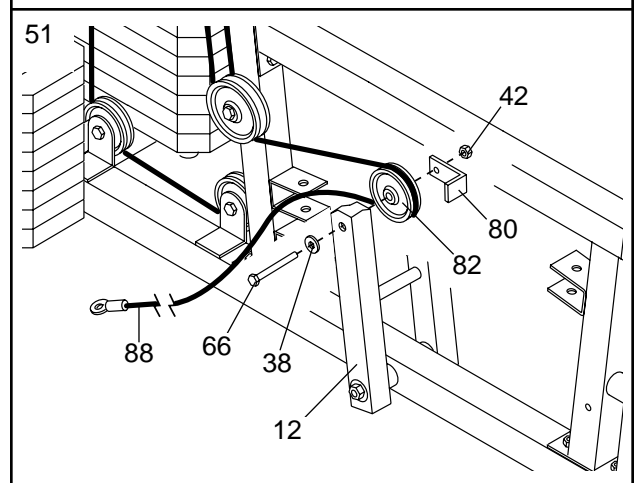
Tighten the 3/8" x 2" Bolt (50) and the 3/8" Nylon Locknut (not shown).



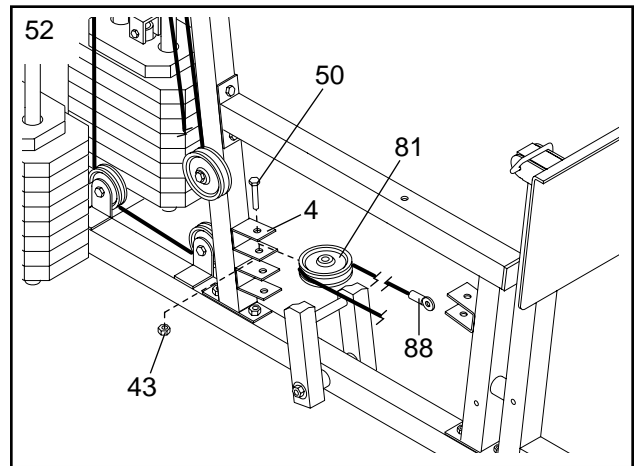
50. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Leg Press Upright (4) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Nylon Jam Nut (43). **Be sure that the Cable Trap is turned to hold the Cable in place.**



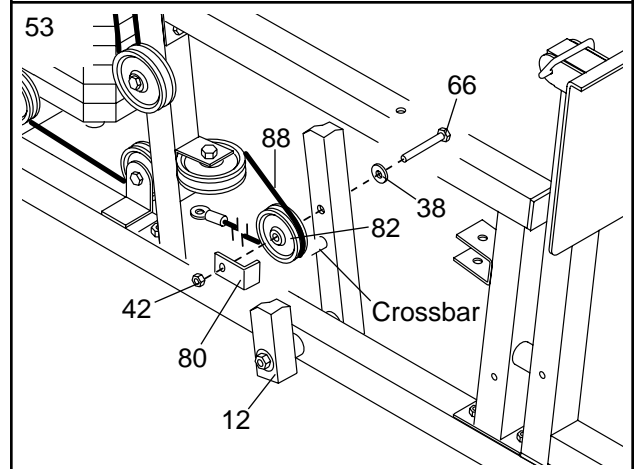
51. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the indicated hole in the Press Frame (12) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Nylon Locknut (42). **Be sure that the Cable Trap is turned to hold the Cable in place.**



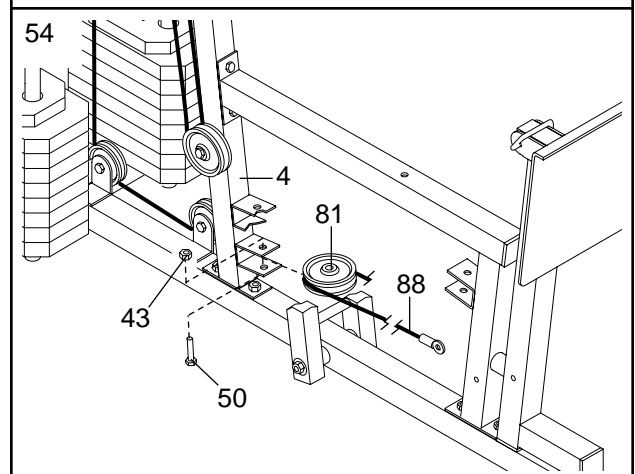
52. Wrap the Press Cable (88) around a "V" Pulley (81). Attach the "V" Pulley to the upper bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Jam Nut (43).



53. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the indicated hole in the Press Frame (12) with a 3/8" x 3 1/2" Bolt (66), a 3/8" Washer (38) and a 3/8" Nylon Locknut (42). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is between the Pulley and the crossbar on the Press Frame.**

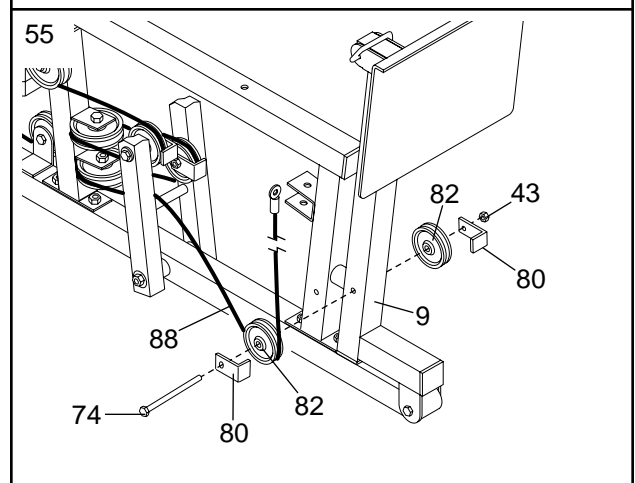


54. Wrap the Press Cable (88) around a "V" Pulley (81). Attach the "V" Pulley to the lower bracket on the Leg Press Upright (4) with a 3/8" x 2" Bolt (50) and a 3/8" Nylon Jam Nut (43).

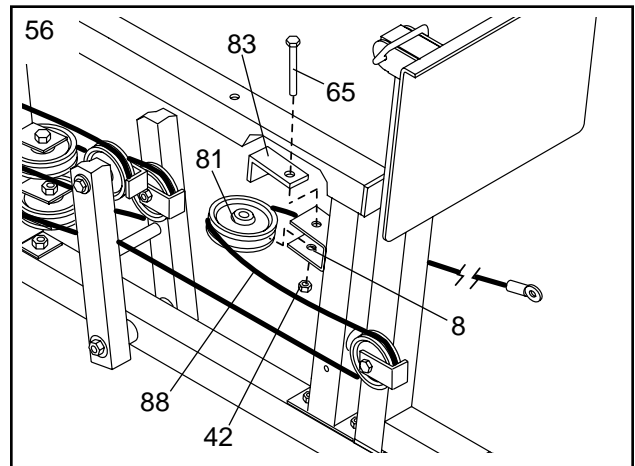


55. Wrap the Press Cable (88) around a 3 1/2" Pulley (82). Attach the Pulley and a Cable Trap (80) to the Leg Press Arm (9) with the 3/8" x 4 1/2" Bolt (74).

Slide another 3 1/2" Pulley (82) with a Cable Trap (80) onto the 3/8" x 4 1/2" Bolt (74). Hand tighten a 3/8" Nylon Jam Nut (43) onto the Bolt. **Do not fully tighten the Nylon Locknut until step 57.**

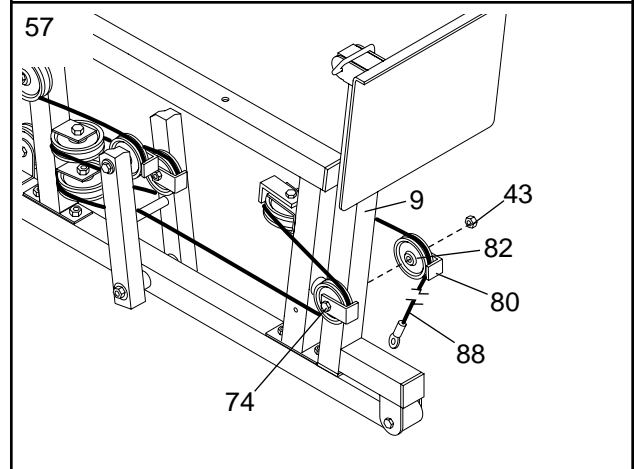


56. Wrap the Press Cable (88) around a “V” Pulley (81). Attach the “V” Pulley and a Large Cable Trap (83) to the bracket on the Front Seat Frame (8) with a 3/8” x 2 1/2” Bolt (65) and a 3/8” Nylon Locknut (42). **Be sure that the Large Cable Trap is turned to hold the Cable in place and that the Cable and Pulley move smoothly.**

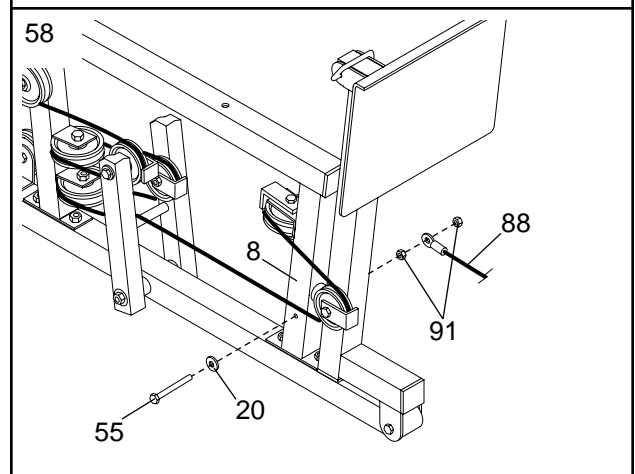


57. **Note: The 3 1/2” Pulley (82) used in this step was attached in step 55. It is shown removed for easier part identification.**

Route the Press Cable (88) around the 3 1/2” Pulley (82). **Be sure that the Cable Trap (80) is turned to hold the Cable in place and that the Cable is routed as shown.** Tighten the 3/8” x 4 1/2” Bolt (74) and the 3/8” Nylon Jam Nut (43).

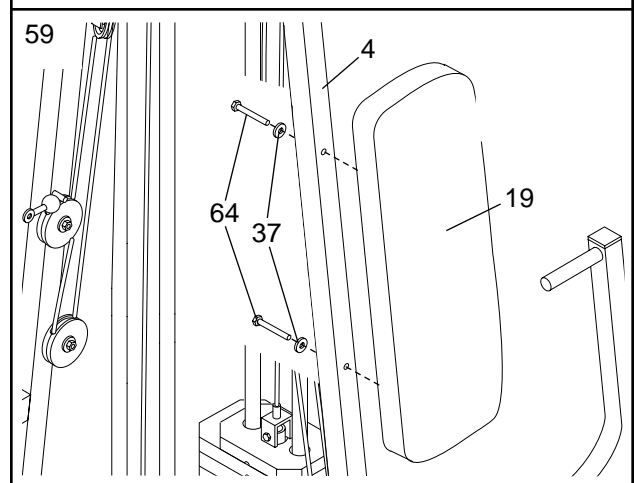


58. Slide a 5/16” Washer (20) onto a 5/16” x 2 3/4” Bolt (55). Insert the Bolt into the Front Seat Frame (8). Fully tighten a 5/16” Nylon Jam Nut (91) onto the Bolt. Slide the end of the Press Cable (88) onto the Bolt. Thread another 5/16” Nylon Jam Nut (91) onto the Bolt, **but do not fully tighten it. Leave enough room between the two Jam Nuts for the Cable to pivot.**



59. **Locate and open the parts bag labeled “SEAT ASSEMBLY.”**

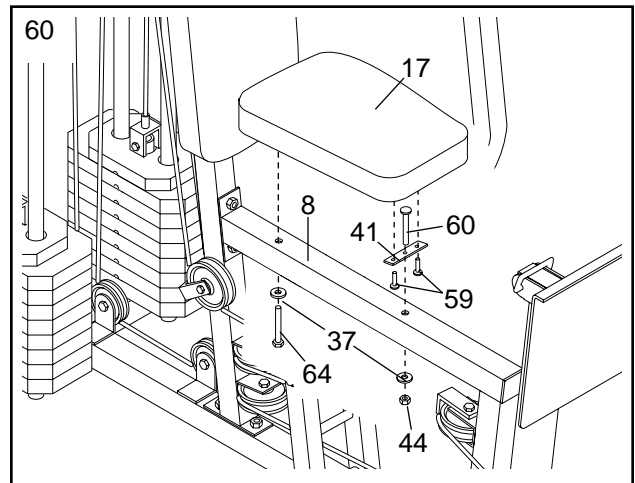
Attach the Large Backrest (19) to the Leg Press Upright (4) with two 1/4” x 2 1/2” Machine Screws (64) and two 1/4” Washers (37).



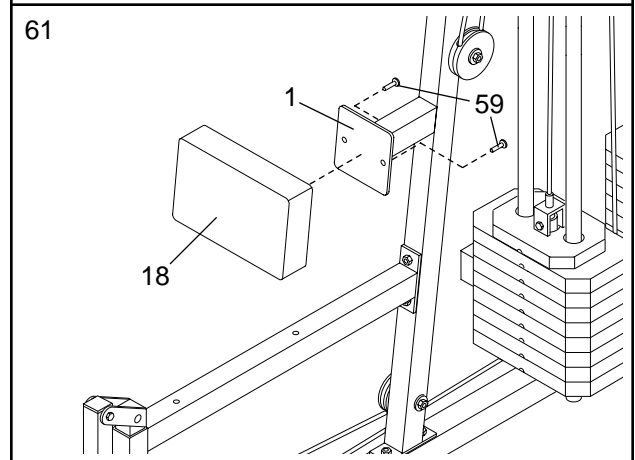
60. Insert a 1/4" x 2 1/2" Carriage Bolt (60) through the center hole in a Seat Plate (41). Attach the Seat Plate to the Seat (17) with two 1/4" x 3/4" Screws (59).

Insert the 1/4" x 2 1/2" Carriage Bolt (60) through the indicated hole in the Front Seat Frame (8). Tighten a 1/4" Nylon Locknut (44) with a 1/4" Washer (37) onto the Carriage Bolt.

Attach the other end of the Seat (17) to the Front Seat Frame (8) with a 1/4" Washer (37) and a 1/4" x 2 1/2" Machine Screw (64).



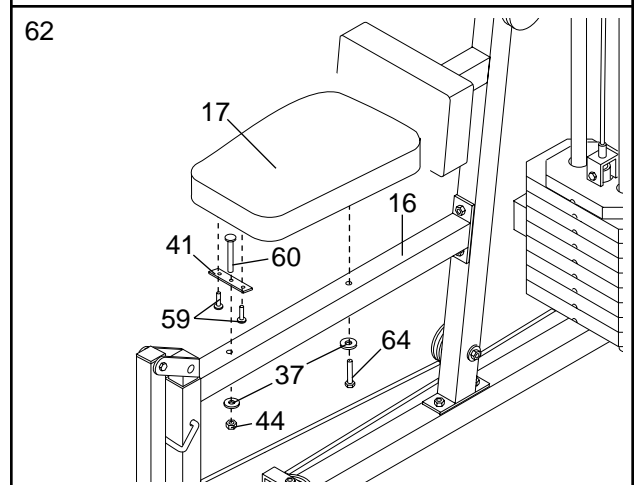
61. Attach the Small Backrest (18) to the Ab Upright (1) with two 1/4" x 3/4" Screws (59).



62. Insert a 1/4" x 2 1/2" Carriage Bolt (60) through the center hole in a Seat Plate (41). Attach the Seat Plate to a Seat (17) with two 1/4" x 3/4" Screws (59).

Insert the 1/4" x 2 1/2" Carriage Bolt (60) through the indicated hole in the Rear Seat Frame (16). Tighten a 1/4" Nylon Locknut (44) with a 1/4" Washer (37) onto the Carriage Bolt.

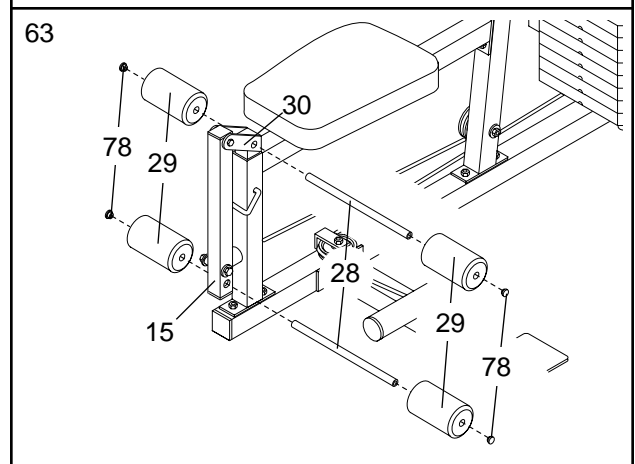
Attach the other end of the Seat (17) to the Rear Seat Frame (16) with a 1/4" Washer (37) and a 1/4" x 2 1/2" Machine Screw (64).



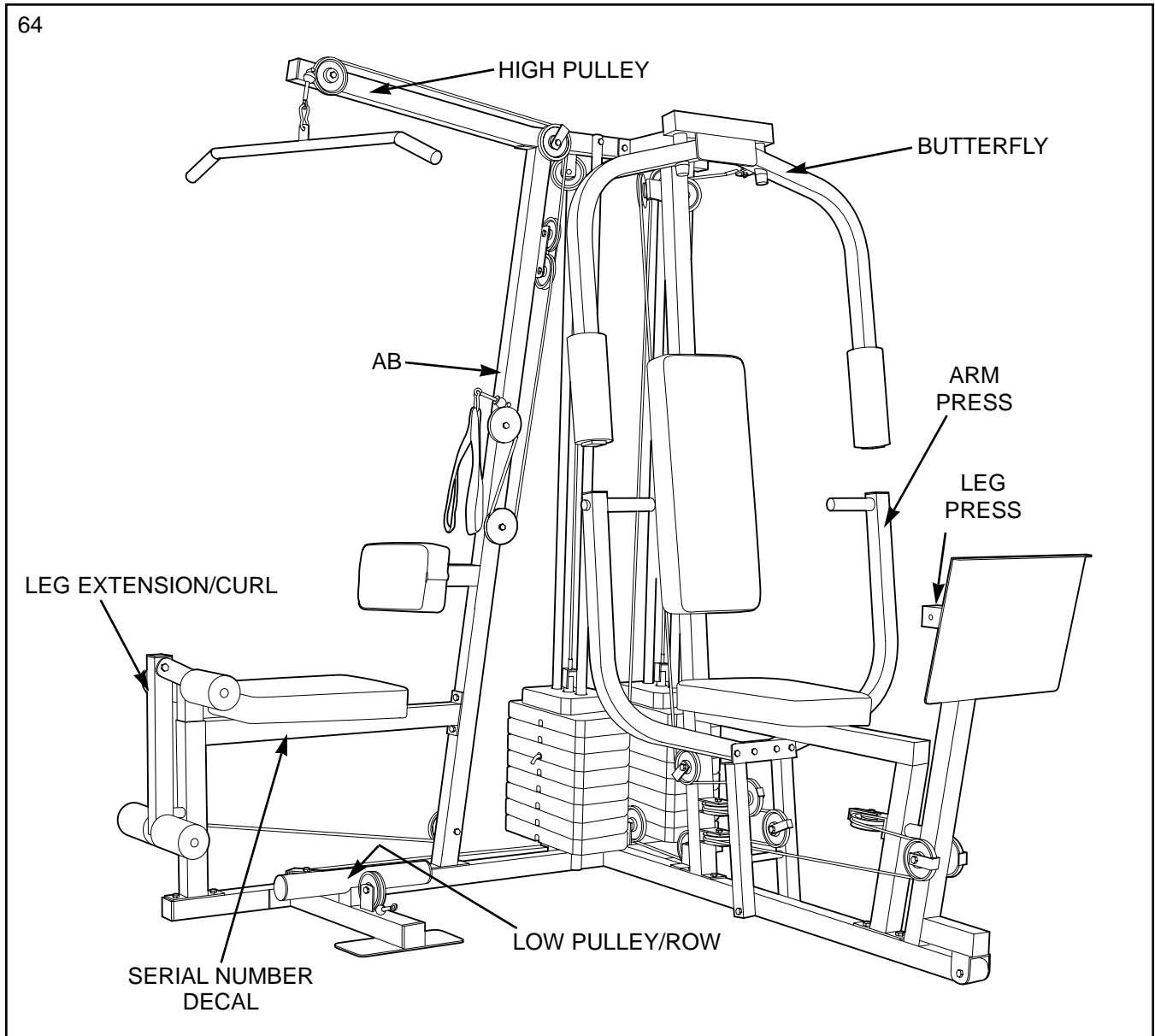
63. Press 3/4" Round Inner Caps (78) into the ends of each Pad Tube (28).

Insert a Pad Tube (28) into the Leg Lever Frame (30). Slide a Foam Pad (29) onto each end of the Pad Tube.

Insert the other Pad Tube (28) into the Leg Lever (15). Slide a Foam Pad (29) onto each end of the Pad Tube.



64. Remove the decals from the decal sheets (not shown) and apply them to the home gym system in the locations shown in the illustration below.



65. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in HOW TO USE THE HOME GYM SYSTEM, beginning on page 26 of this manual.

Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 30 and 31 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 29.**

HOW TO USE THE HOME GYM SYSTEM

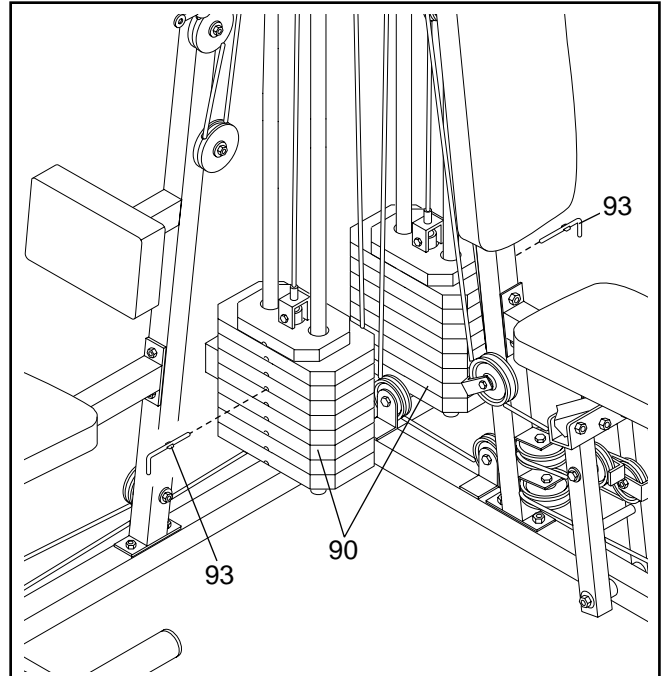
The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise poster accompanying this manual to see how the home gym system should be set up for each exercise.

IMPORTANT: When attaching the lat bar, row bar, ab strap, or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

CHANGING THE WEIGHT SETTING

The PRO 9735 features two weight stacks. One weight stack is connected to the ab pulley, high pulley and leg lever stations. The other weight stack is connected to the butterfly and press arms, the leg press, and the low pulley station.

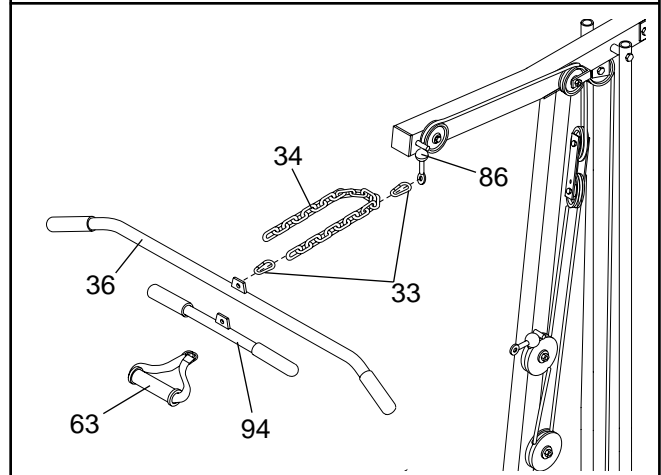
To change the weight setting of either weight stack, insert a Weight Pin (93) under the desired Weight (90). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights and turn the bent end downward. The weight setting of either weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 28 to find the approximate amount of resistance at each weight station.**



ATTACHING THE LAT BAR, ROW BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (36) to the High Cable (86) with a Cable Clip (33). For some exercises, the Chain (34) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

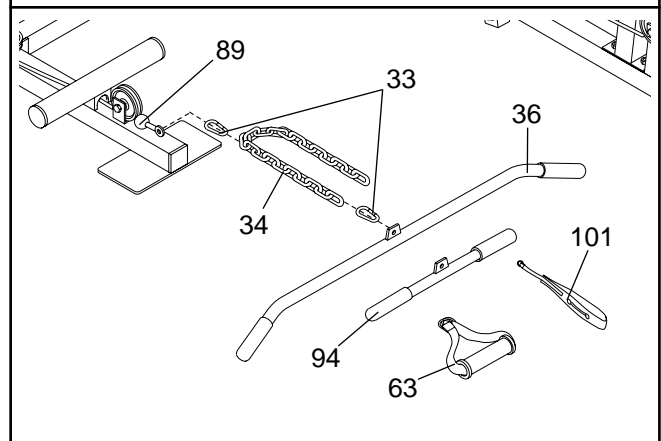
The Row Bar (94) and Nylon Strap (63) can be attached in the same manner.



ATTACHING THE LAT BAR, ROW BAR, ANKLE STRAP OR NYLON STRAP TO THE LOW PULLEY STATION

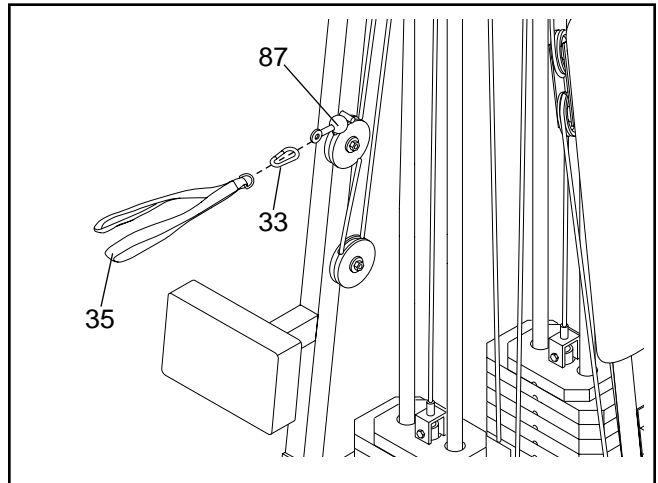
Attach the Lat Bar (36) to the Low Cable (89) with a Cable Clip (33). For some exercises, the Chain (34) should be attached between the Lat Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Row Bar (94), Ankle Strap (101) and Nylon Strap (63) can be attached in the same manner.



ATTACHING THE AB STRAP TO THE AB PULLEY STATION

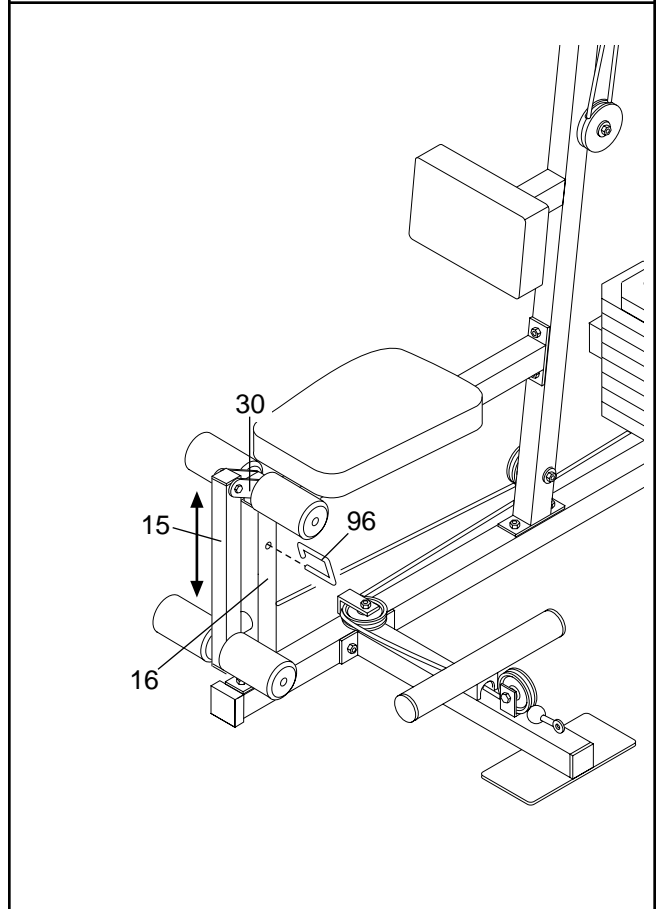
Attach the Ab Strap (35) to the Rear Cable (87) at the ab pulley station with a Cable Clip (33).



ADJUSTING THE LEG LEVER

To change the height of the Leg Lever (15), remove the Large Lock Pin (96) from the Rear Seat Frame (16) and Leg Lever Frame. Position the Leg Lever Frame at the desired height, align the holes in the Rear Seat Frame and Leg Lever Frame and re-insert the Lock Pin. **Be sure that the hook on the Lock Pin is clipped in place on the Rear Seat Frame.** Also, when the Leg Lever Frame is at the highest position, you can use the upper foam pads to hold your legs in place while you use the high pulley station.

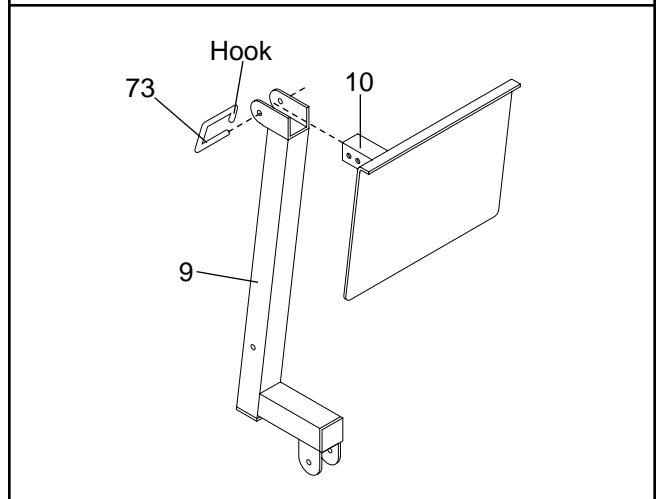
WARNING: The lock pin must always be inserted through both the rear seat frame and leg lever frame and clipped in place on the rear seat frame.



ADJUSTING THE LEG PRESS PLATE

Remove the Small Lock Pin (73) from the Adjustment Tube (10).

Align the holes in the Leg Press Arm (9) with the desired set of holes in the Adjustment Tube (10). Re-insert the Lock Pin (73) through the holes in the Leg Press Arm and the holes in the Adjustment Tube. **Be sure that the hook on the Lock Pin is clipped in place on the Adjustment Tube.**



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. The butterfly arm resistance is the resistance for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG PRESS (lbs.)	AB PULLEY (lbs.)
Top	36	19	10	12	15	62	16
1	63	35	25	27	31	132	33
2	97	55	38	43	47	190	46
3	125	73	54	58	65	244	61
4	151	93	75	75	81	293	77
5	181	113	85	91	96	336	91
6	222	131	104	103	113	377	107
7	253	157	118	117	135	430	126
8	275	185	132	132	151	480	135

The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys and weight guides.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. If any slack is felt when using the weight stack closest to the ab upright, both the High Cable (86) and the Rear Cable (87) will need to be tightened. If any slack is felt when using the other weight stack, the Press Cable (88) and Low Cable (89) will need to be tightened.

To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

- See drawing 1. Tighten the 1/4" Nylon Locknut (44) that connects the end of the Press Cable (88) to the Large "U" Bracket (84).
- See drawing 1. Remove the 3/8" Nylon Locknut (42) and the 3/8" x 2" Bolt (50) from the Cable Trap (80), 3 1/2" Pulley (82) and Large "U" Bracket (84). Re-attach the Pulley and Cable Trap to the other hole in the Large "U" Bracket. Be sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.
- See drawing 2. Tighten the 1/4" Nylon Locknut (44) that connects the end of the High Cable (86) to the Small "U" Bracket (32).

The Low Cable (89) can be tightened in the same manner.

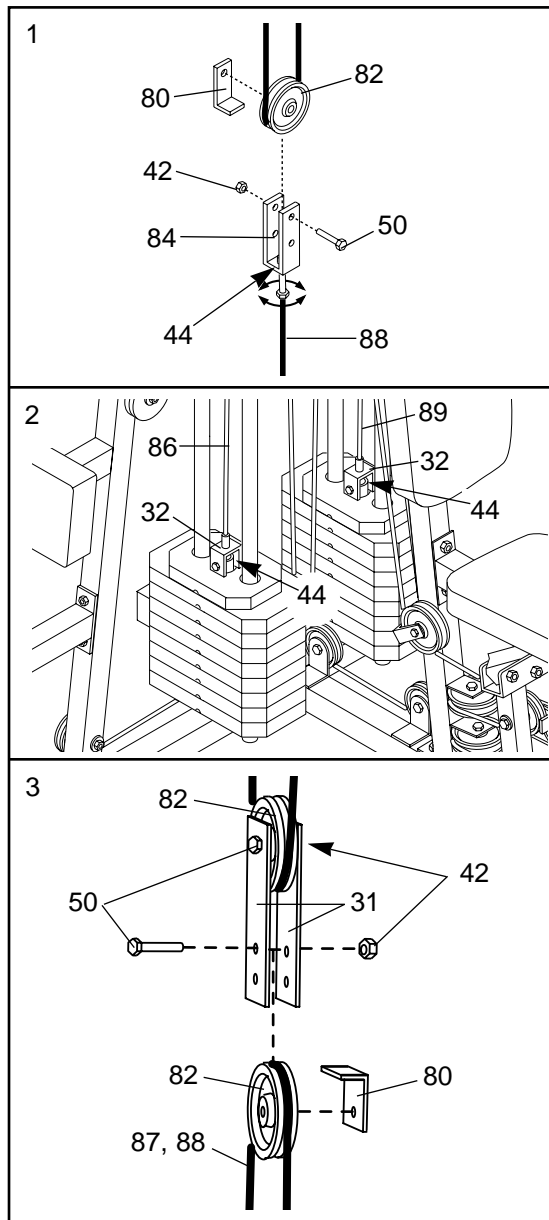
- See Drawing 3. If you feel additional slack while using the home gym system, the Rear Cable (87) and the Press Cable (88) can be tightened further.

Remove the 3/8" x 2" Bolts (50), the 3/8" Nylon Locknuts (42), the 3 1/2" Pulleys (82), and the Cable Traps (80) from the Pulley Plates (31). Reattach the High Pulley **without the Cable Trap**. Reattach the Low Pulley to the higher hole in the Pulley Plates **without the Cable Trap**. Keep the Cable Traps for future use. Be sure that the Cable and Pulley move smoothly.

Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack.

If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.

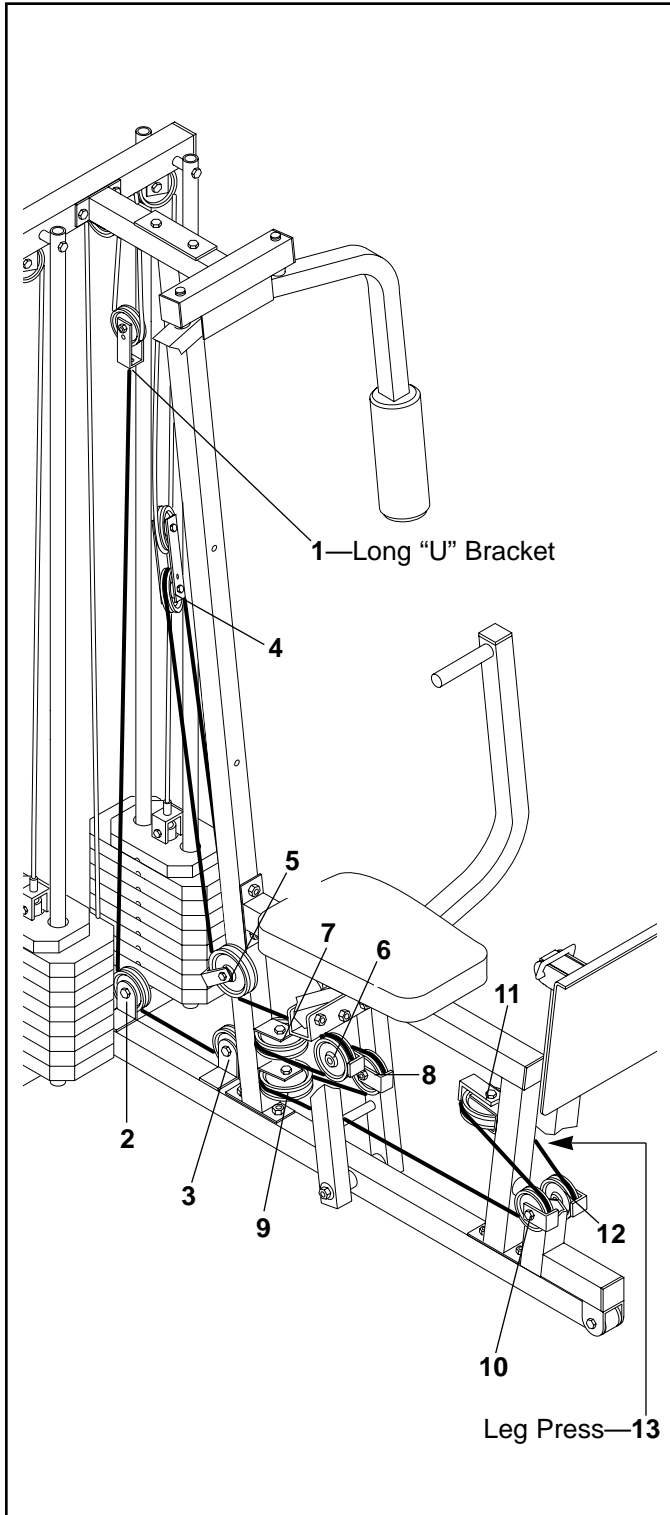
All cables should be replaced every two years. When the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



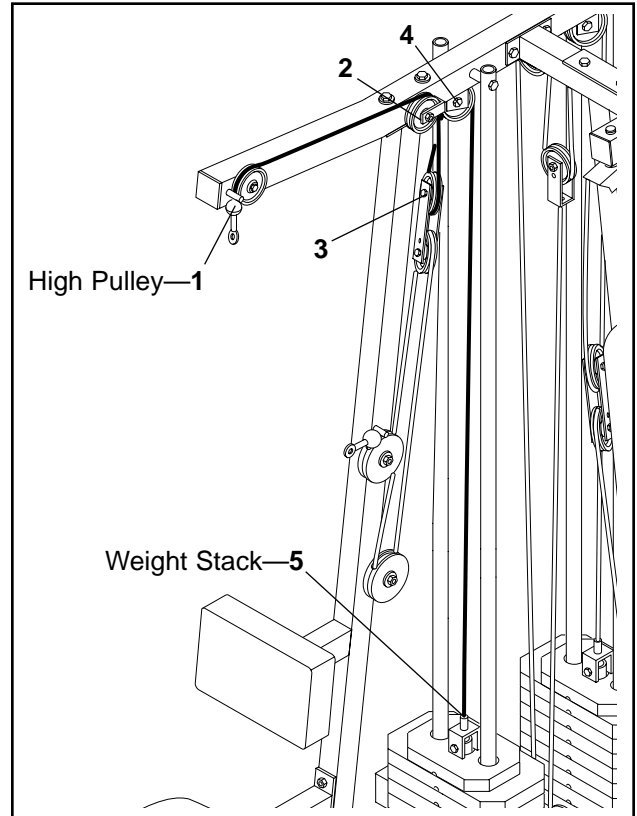
CABLE DIAGRAMS

The cable diagrams on this page and the next page show the proper routing of the Butterfly Cable (85), the High Cable (86), the Rear Cable (87), the Press Cable (88), and the Low Cable (89). Use the diagrams to be sure that the Cables have been assembled correctly. The starting and ending points of each Cable have been labeled. The numbers show the proper route for each Cable. **IMPORTANT: If the Cables have not been correctly routed, the WEIDER PRO 9735 will not function properly and damage may occur.**

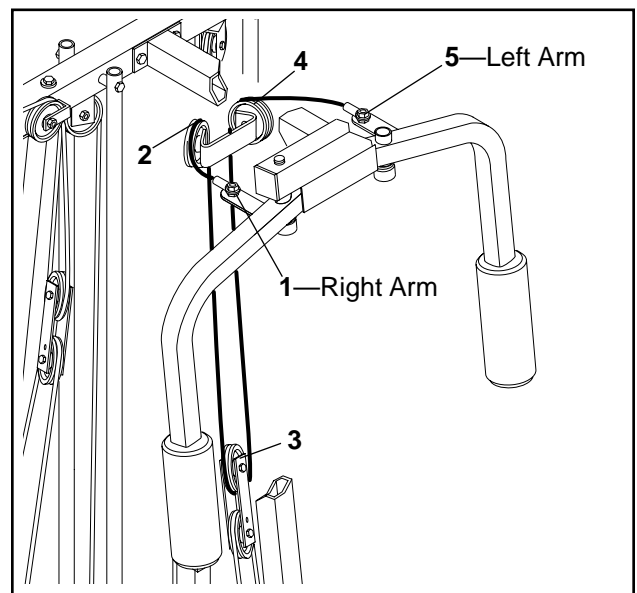
Press Cable (88)



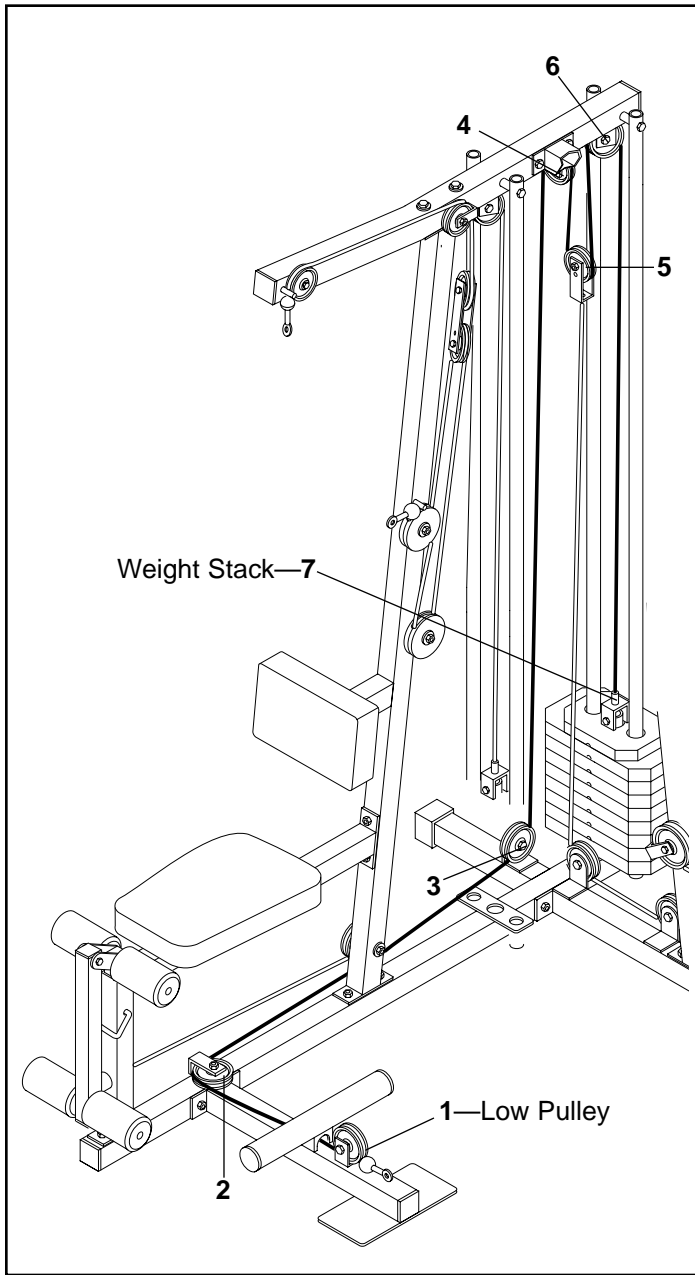
High Cable (86)



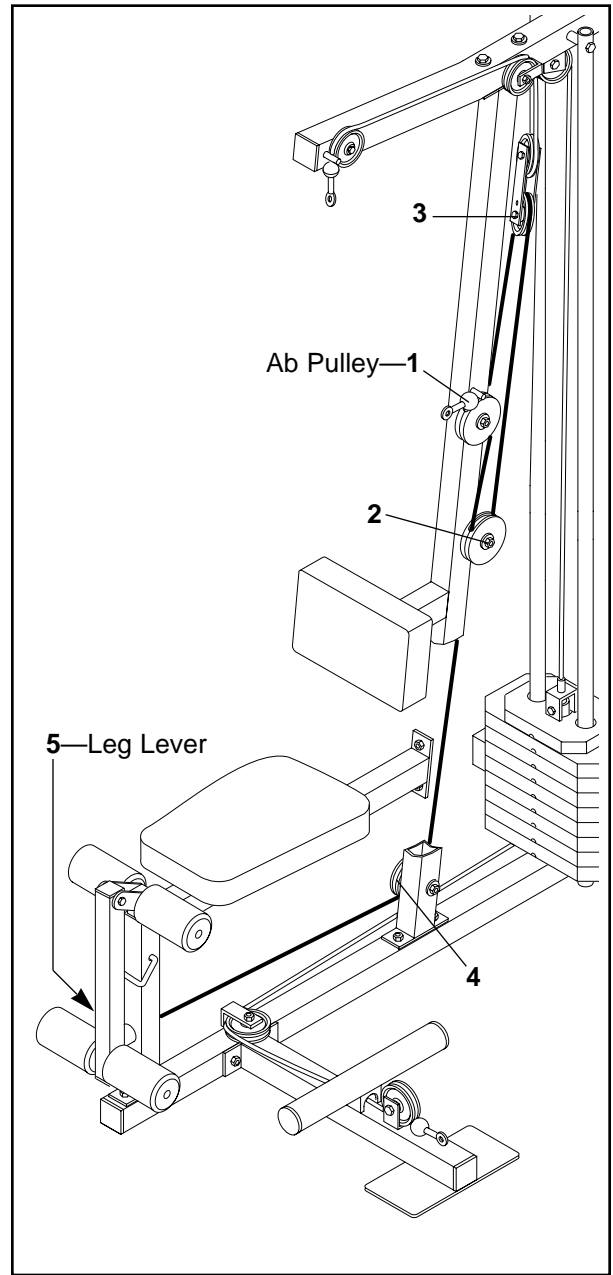
Butterfly Cable (85)

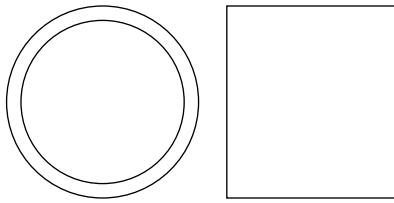


Low Cable (89)

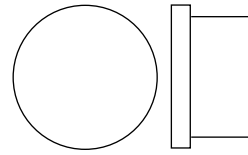


Rear Cable (87)

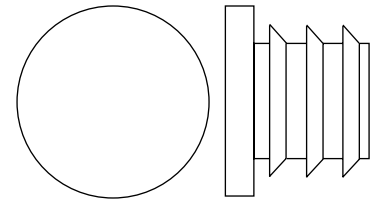




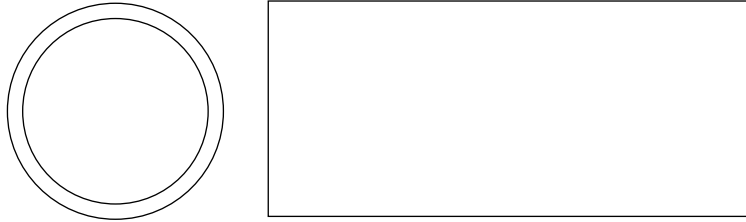
1" x 7/8" Plastic Bushing (54)



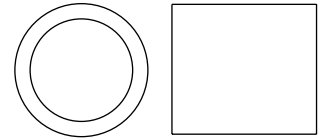
3/4" Round Inner Cap (78)



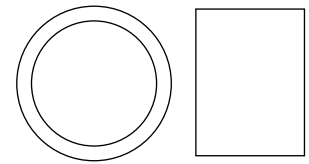
1" Round Inner Cap (70)



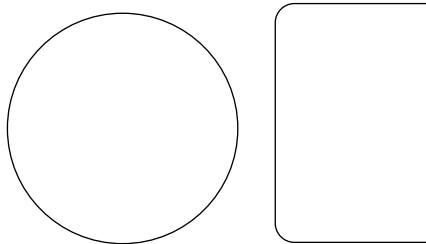
1 1/8" x 2 1/2" Plastic Bushing (47)



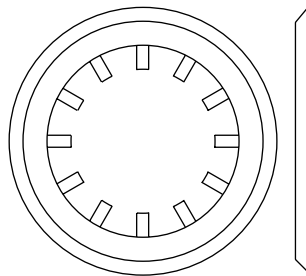
1/2 x 3/4" Spacer (69)



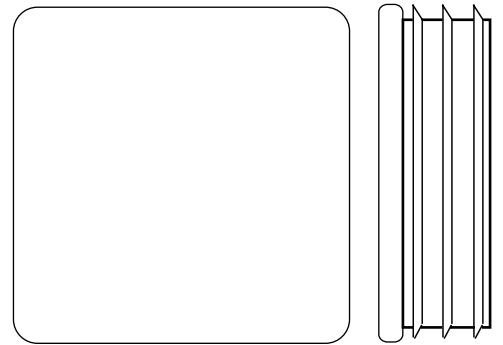
5/8" x 9/16" Plastic Bushing (61)



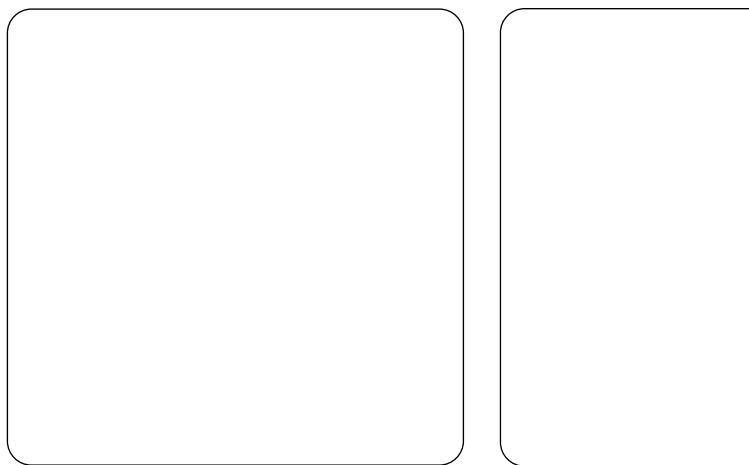
1" Round Outer Cap (46)



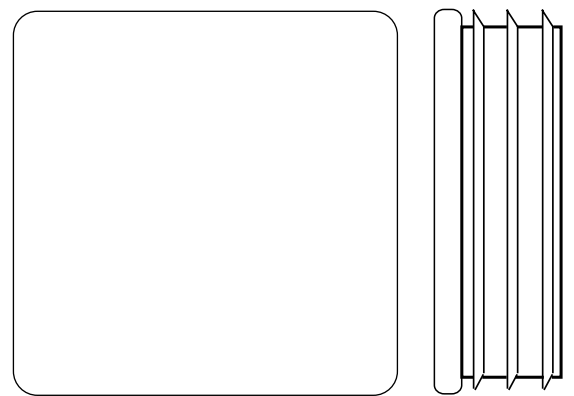
1" Retainer (45)



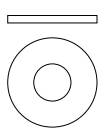
1 3/4" Square Inner Cap (48)



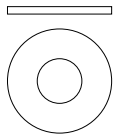
2" Square Outer Cap (58)



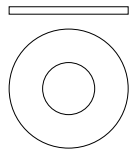
2" Square Inner Cap (56)



1/4" Washer (37)



5/16" Washer (20)



3/8" Washer (38)



1/4" Nylon Locknut (44)



5/16" Nylon Locknut (40)



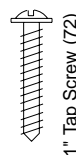
5/16" Nylon Jam Nut (91)



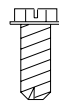
3/8" Nylon Locknut (42)



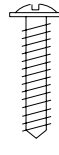
3/8" Nylon Jam Nut (43)



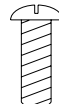
1" Tap Screw (72)



1/4" x 5/8" Screw (99)



#10 x 1" Tap Screw (100)



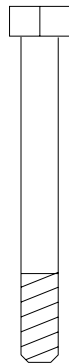
1/4" x 3/4" Screw (59)



3/8" x 3 1/4" Bolt (71)



5/16" x 3" Bolt (92)



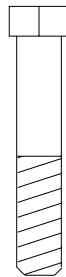
5/16" x 2 3/4" Bolt (55)



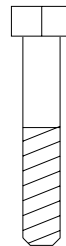
3/8" x 2 1/2" Bolt (65)



5/16" x 2 1/2" Bolt (39)



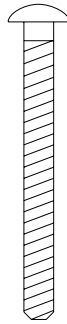
3/8" x 2" Bolt (50)



5/16" x 1 3/4" Bolt (68)



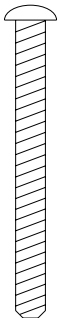
3/8" x 1" Bolt (77)



1/4" x 2 1/2" Carriage Bolt (60)



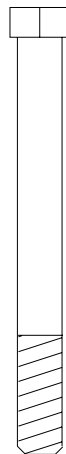
5/16" x 2 1/2" Carriage Bolt (49)



1/4" x 2 1/2" Machine Screw (64)



3/8" x 4" Carriage Bolt (57)



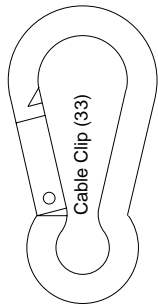
3/8" x 3 1/2" Bolt (66)



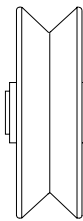
3/8" x 4" Bolt (76)



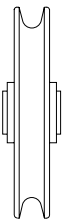
3/8" x 4 1/2" Bolt (74)



Cable Clip (33)



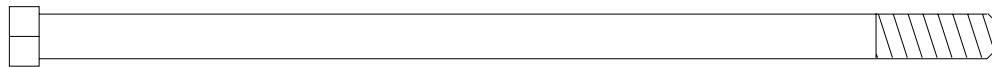
1/2" V Pulley (81)
(Not shown to scale)



3/4" V Pulley (82)
(Not shown to scale)



5/16" x 6" Bolt (67)



3/8" x 8" Bolt (52)

PART LIST—Model No. 831.159290

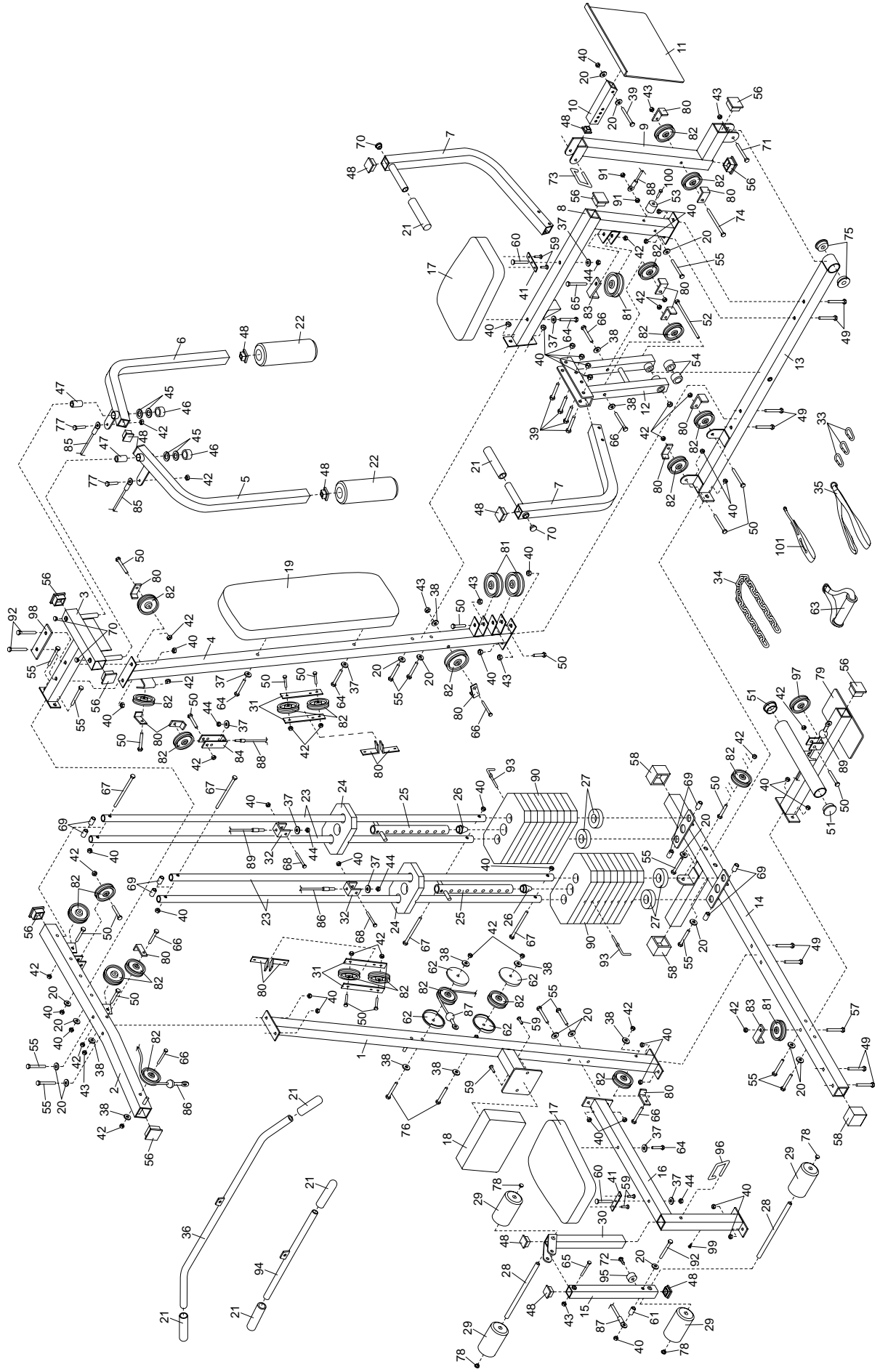
R0499A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Ab Upright	53	1	Large Bumper
2	1	Top Frame	54	2	1" x 7/8" Plastic Bushing
3	1	Butterfly Frame	55	13	5/16" x 2 3/4" Bolt
4	1	Leg Press Upright	56	8	2" Square Inner Cap
5	1	Right Arm	57	1	3/8" x 4" Carriage Bolt
6	1	Left Arm	58	3	2" Square Outer Cap
7	2	Press Arm	59	6	1/4" x 3/4" Screw
8	1	Front Seat Frame	60	2	1/4" x 2 1/2" Carriage Bolt
9	1	Leg Press Arm	61	1	5/8" x 9/16" Bushing
10	1	Adjustment Tube	62	4	Pulley Cover
11	1	Leg Press Plate	63	1	Nylon Strap
12	1	Press Frame	64	4	1/4" x 2 1/2" Machine Screw
13	1	Press Base	65	2	3/8" x 2 1/2" Bolt
14	1	Weight Base	66	6	3/8" x 3 1/2" Bolt
15	1	Leg Lever	67	4	5/16" x 6" Bolt
16	1	Rear Seat Frame	68	2	5/16" x 1 3/4" Bolt
17	2	Seat	69	8	1/2" x 3/4" Spacer
18	1	Small Backrest	70	4	1" Round Inner Cap
19	1	Large Backrest	71	1	3/8" x 3 1/4" Bolt
20	16	5/16" Washer	72	1	1" Tap Screw
21	6	5" Plastic Grip	73	1	Small Lock Pin
22	2	10" Pad	74	1	3/8" x 4 1/2" Bolt
23	4	Weight Guide	75	2	Press Bushing
24	2	Top Weight	76	2	3/8" x 4" Bolt
25	2	Weight Tube	77	2	3/8" x 1" Bolt
26	2	Weight Tube Bumper	78	4	3/4" Round Inner Cap
27	4	Weight Bumper	79	1	Pulley Base
28	2	Pad Tube	80	16	Cable Trap
29	4	Foam Pad	81	4	"V" Pulley
30	1	Leg Lever Frame	82	23	3 1/2" Pulley
31	4	Pulley Plate	83	2	Large Cable Trap
32	2	Small "U" Bracket	84	1	Large "U" Bracket
33	3	Cable Clip	85	1	Butterfly Cable
34	1	Chain	86	1	High Cable
35	1	Ab Strap	87	1	Rear Cable
36	1	Lat Bar	88	1	Press Cable
37	9	1/4" Washer	89	1	Low Cable
38	10	3/8" Washer	90	16	Weight
39	5	5/16" x 2 1/2" Bolt	91	2	5/16" Nylon Jam Nut
40	34	5/16" Nylon Locknut	92	3	5/16" x 3" Bolt
41	2	Seat Plate	93	2	Weight Pin
42	26	3/8" Nylon Locknut	94	1	Row Bar
43	6	3/8" Nylon Jam Nut	95	1	Small Bumper
44	5	1/4" Nylon Locknut	96	1	Large Lock Pin
45	4	1" Retainer	97	1	3 1/2" Pro Pulley
46	2	1" Round Outer Cap	98	1	Support Plate
47	2	1 1/8" x 2 1/2" Plastic Bushing	99	1	1/4" x 5/8" Screw
48	10	1 3/4" Square Inner Cap	100	1	#10 x 1" Tap Screw
49	8	5/16" x 2 1/2" Carriage Bolt	101	1	Ankle Strap
50	16	3/8" x 2" Bolt	#	1	User's Manual
51	2	Row Tube Endcap	#	1	Exercise Poster
52	1	3/8" x 8" Bolt			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. 831.159290

R0499A





Model No. 831.159290

QUESTIONS?

If you find that:

- you need help assembling or operating the WEIDER® PRO 9735 Home Gym System
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your WEIDER® PRO 9735 Home Gym System are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.159290).
- The NAME of the product (WEIDER® PRO 9735 Home Gym System).
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST/EXPLODED DRAWING at the center of this manual).

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179